

The MOVEMENT Studio - Spring Schedule 1/8/24 \*Classes may fill up or subject to change. Please call 928-515-2919 for more information.

PLEASE FILL OUT A WAIVER FORM PRIOR TO YOUR FIRST CLASS. ALL DANCE CLASSES REQUIRE PRE-REGISTRATION. PLEASE REFER TO OUR 2022-2023 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/RULES/CONDUCT.

	Studio A/B	Studio C	Studio D	Studio E	Studio C2	PZ	Weight Room
<b>Monday</b>							
9:00am-10:00am	Body Sculpt Conditioning - Sasha						OPEN
3:30pm-4:00pm	MDT Private Rehearsals	Ballet/Jazz/Tumble Tots (ages 2-4) - Jenn (3:45-4:30pm) Serenity					
4:00pm-4:30pm	*MDT (Jr/Teen/Sr) CLJT: Sasha (Teacher approval only)			Mini Acro - Jami Wynn (ages 6-10) (starts 3:45pm)	Beg Class Guitar - Ben 4:00-4:30pm - Ben		
4:30pm-5:30pm		*MDT Mini Ruby/Emerald Ballet - Mary	Beg/Int Contemporary I-II (ages 10-13) - Jenn		Int Class Guitar - Ben 4:30-5:00pm - Ben		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	*MDT Int Ballet Technique - Mary	Beg Jazz I-II (ages 7-10) - Tammi Yazzie	**Footlight Productions - Naasz			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia		*MDT Int Jazz Team - Jenn	**Footlight Productions - Naasz			OPEN
<b>Tuesday</b>							
9:00am-10:00am	Pedal & Pump - Shannon						OPEN
3:45pm-4:30pm		Preschool Ballet/Tap/Tumble (ages 3-5) - Katie Womble/Yazzie			Musical Theater Technique (ages 7+) - Ben		
3:45pm-4:45pm	*Adv Contemporary (12+) - Sasha						
4:00pm-5:00pm			Ballet Level I-II (ages 7+) - Marissa (4-5pm)				
4:30pm-5:30pm		Mini Jazz (ages 6-9) - Katie (ends 5:15pm) Womble/Yazzie			All BOYS Hip Hop (ages 8+) - Colton		Power Hour - Felicia
4:45pm-5:30pm	*Mini Team CLJT - Sasha Cassandra						
5:00pm-6:00pm			*MDT Adv Ballet Technique - Mary				
5:30pm-6:30pm	Powerbands/Embody - Layla	*MDT Mini Tap Team - Katie (ends 6:15pm)	(5:00-6:30pm)	Beg/Int Contemporary I-II (ages 13+) - Colton			*Black Belts - Nave 6-6:30pm
6:15pm-7:00pm		*MDT Mini Ruby Jazz Team - Katie					OPEN 6:30-7pm
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha			Kenpo All Levels (ages 7+) - Naasz (ends 7:30pm)			OPEN
<b>Wednesday</b>							
8:00pm-9:00pm							OPEN
9:00am-10:00am	EmPOWERmat - Sasha						OPEN
2:00pm-3:00pm	*Int/Adv Acro (ages 10+) - Coach Eric/Sasha	MDT Private Rehearsals					
3:00pm-3:30pm	*MDT Looney Goons - Sasha	MDT Private Rehearsals					
3:30pm-4:30pm	*MDT Adv Hip Hop Team - Sasha	Mini Tap - Katie (ages 5-8) (starts 3:45pm) Packer	*Beg/Int Jazz Level II-III (ages 8+) - Tammi				
4:30pm-5:30pm	Beg Hip Hop Level I-II (ages 8+) - Jenn Wynn/Sophie	Little Dancers Tumble Dance (ages 5-7) - Sasha (ends 5:15pm) Sully	*MDT Adv Tap Team - Katie		Beg Lyrical Contemp. I-II (ages 7-10) - Tammi		Pedal & Pump - Shannon
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	Beg Tap Level I-II (ages 8+) - Jess	Teen/Adult Jazz Level I-III - Jenn	**Footlight Productions - Naasz	Technical Theatre - Mixed		
6:30pm-7:30pm	Breathe & Flow Yoga - Felicia	**Footlight Productions - Naasz	Teen/Adult Tap Level I-III - Katie	**Footlight Productions - Naasz	Tap Private Lessons -Katie		OPEN
<b>Thursday</b>							
9:00-10:00am	HIIT & HOLD - Shannon						OPEN
3:30pm-4:30pm	Hip Hop (ages 6-10) - Sasha (starts 3:45pm) Cassandra/Wynn	Preballet (ages 4-6) - Katie (starts 3:50-4:35pm) Allerdings	*Adv Lyrical (ages 11+) - Marissa	Hip Hop (ages 7-10) - Sheila (starts 3:45pm) Wynn			
4:30pm-5:30pm	*Int/Adv Hip Hop Level III-IV (ages 12+) - Sasha Colton/Leli	Preballet (ages 5-7) - Katie (starts 4:35-5:20pm) Serenity	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Little Dragons (ages 3-7) - Naasz (ends 5:15pm)			SPIN - Felicia
5:30pm-6:30pm	*MDT Adv Jazz Team - Sasha Reagan	*Int Tap Level II-III (ages 10+) - Katie	*Ballet Level II-III (ages 10+) - Marissa	Kenpo All Levels (ages 7+) - Naasz (5:15-6:15pm)			Weight Training - Felicia
6:30pm-7:30pm	*MDT Ballroom Team - Sasha (6:30-7pm)		Teen/Adult Ballet - Marissa	**Footlight Theatre Company - Naasz (6:30-7:30pm)			OPEN
7:30pm-8:00pm	**Footlight Productions - Naasz						
<b>Friday</b>							
9:00am-10:00am	Circuit Training - Sasha						OPEN
10:00am-11:00am		Preschool Princess/Prince Ballet Program (ages 2.5-4.5) Katie (ends 10:45am) Quinn/Megan					
3:45pm-4:30pm	MDT Private Rehearsals	*MDT Mini Emerald Jazz - Katie Picard			Technical Theatre - Mixed (4:00-5:00pm)		
4:30pm-5:30pm	MDT Private Rehearsals	MDT Private Rehearsals		**Footlight Productions - Naasz (starts at 5pm)			
5:30pm-6:30pm	MDT Private Rehearsals	MDT Private Rehearsals		**Footlight Productions - Naasz (ends at ~7pm)			
<b>Saturday</b>							
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						OPEN
10:00am-11:00am	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals	**Footlight Productions - Naasz (10am-noon)			
10:30am-12:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				
12:00pm-1:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				
1:00pm-2:00pm	MDT Rehearsals	MDT Rehearsals	MDT Rehearsals				

updated 1/22/24

Key: **Dance Class / assistant** Fitness-ADULTS ONLY Footlight Productions Kenpo Karate

(\*) Instructor approval required

Italic = 45 min class

Adult dance classes can be added on to an unlimited fitness contract (pre-paid) or taken as a stand alone dance contract.

\*\*Footlight Theater classes will be offered as class series or based on audition

ALL FITNESS CLASSES MUST SIGN IN - Please log onto "Mindbody: Fitness, Salon & Spa" App and search The Movement Studio to check-in.

Contact Us! Follow Us!

Facebook/Instagram: **theMOVEMENTstudioPV**  
 Address: 6425 E 2nd Street, Suite B, Prescott Valley, AZ 86314  
 Mindbody Online: The Movement Studio  
 Website: [www.themovementstudiovp.com](http://www.themovementstudiovp.com)  
 Instagram: @themovementstudiovp  
 E-mail: [ben@themovementstudiovp.com](mailto:ben@themovementstudiovp.com)  
 Phone Number: (928) 515-2919

