

The MOVEMENT Studio - Fall Schedule 8/9/21 *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 2021-2022 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/RULES/CONDUCT.

	Studio A/B	Studio C	Studio D	Studio C2	PLAYZONE	Weight Room
Monday						
9:00am-10:00am	Fit Xtreme - Lela R					OPEN
3:30pm-4:00pm	MDT Private Rehearsals					
4:00pm-4:30pm	*MDT Juniors & Senior CLJT - Sasha (Teacher approval only)					
4:30pm-5:30pm		Preschool I Ballet/Tap/Tumble (ages 2.5-4) - Cassidi (ends 5:15pm)	Beg Jazz Level I-II (ages 8+) - Jenn			Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	**Footlight Productions - Naasz (move to suite D @6:30pm)	Beg/Int Hip Hop Level I-II (ages 10+) - Colton			OPEN
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia		All Boys Hip Hop (ages 7+) - Colton			OPEN
Tuesday						
9:00am-10:00am	Pedal & Pump -Shannon					OPEN
3:45pm-4:30pm	Hip Hop (ages 5-8) - Sasha (Colton)	Preschool II Ballet/Tap/Tumble (ages 3-5) - Katie (Serenity)				
4:00pm-5:00pm			Ballet Level I-II (ages 7-12) - Marissa (4-5pm)	Acting Technique (ages 10+) - Autumn		
4:30pm-5:30pm	*Int Jazz Level II-III (ages 8+) - Sasha (Zaeda)	Preballet (ages 4-6) - Katie (ends 5:15pm) (Serenity)				Power Hour - Felicia
5:15pm-6:00pm		Mini Jazz (ages 5-7) - Katie (ends 6:00pm)				
5:00pm-6:00pm			*MDT Progressing Ballet Technique® - Marissa	Acting Technique (ages 6-9) - Autumn		
5:30pm-6:30pm	Powerbands/Embody - Layla	*MDT Mini Group Jazz - Katie (6:00pm- 6:45pm)	(Teacher approval only) 5:00-6:30pm	*Black Belts - Naasz (6:15pm-6:45pm)		OPEN
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha	Kenpo All Levels (ages 7+) - Naasz (6:45pm-7:45pm)				OPEN
Wednesday						
9:00am-10:00am	Fit & Tone -Shannon					OPEN
10:00am-10:45am		Tiny Tots Ballet Program (ages 18mo-3yr) -Jenn				
3:30pm-4:30pm	*Junior Team Group Jazz - Jenn	Little Dancers Jazz/Tap/Tumble (ages 5-7) - Sasha (3:45-4:30pm) (Addie B)	Mini Tap (ages 5-7) - Katie (starts 3:45pm)			
4:30pm-5:30pm	Teen/Adult Jazz - Jenn	Beg/Int Tap Level I-II (ages 7+) - Breanna	*Intermediate Tap Level II (ages 8+) - Katie	Beg/Int Class Guitar		P & P - Felicia
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	*Int/Adv Tap Level II-III (ages 10+) - Breanna	Beginning Hip Hop Level I (ages 7-10) - Jenn	-Ben Naasz 4:15-5:00pm		OPEN
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		Adult Tap - Katie			OPEN
Thursday						
9:00-10:00am	emPOWERmat Core - Sasha					
4:30pm-5:30pm	*Int/Adv Hip Hop Level II-III (ages 10+) - Sasha (Colton)	Little Dragons (ages 3-6) - Naasz (ends at 5:15pm)	*Ballet Level II-III (ages 8+) - Marissa			OPEN
5:30pm-6:30pm	All Levels Hip Hop Teen/Adult - Sasha (Zaeda)	Kenpo All Levels (ages 7+) - Naasz	*Ballet Level III-IV (ages 11+) - Marissa			Weights & Bands - Felicia
6:30pm-7:30pm	emPOWERmat Cardio - Layla	*Senior Team Group Contemporary - Sasha	Teen/Adult Ballet - Marissa			FX Circuit- Lela R
7:30pm-8:00pm	Footlight Vaudeville Company		*Pointe -Marissa (Teacher approval only)			OPEN
Friday						
9:00am-10:00am	Circuit Training - Sasha					
10:00am-11:00am		Preschool Princess Ballet Program (ages 2.5-4.5) Katie (Addi B)				OPEN
4:00pm-5:00pm	*MDT HIP HOP TEAM - Sasha (starts 3:45pm)					
4:30pm-5:30pm	**Footlight Productions - Naasz TBD (starts at 5pm)		INSANITY® - Felicia (ends at 5:15pm)			
5:30pm-6:30pm	**Footlight Productions - Naasz TBD (ends at ~7pm)					OPEN
Saturday						
9:00am-10:00am	Acro/Tumbling (ages 8+) - Jon	Creative Dance Ballet/Jazz/Tumble (ages 3-4) - Cassidi (starts at 9:15am)	Saturday Sweat Series (Rotating Fitness Schedule)			OPEN
10:00am-11:00am		Kinder Princess Ballet Program (ages 5-7) - Cassidi	Embody HIIT - Layla (ends 10:45am)			OPEN
10:30am-12:30pm	**Footlight Productions - Naasz TBD		MDT Private Rehearsals (starting at 11am)			

Key: Movement Show Choir 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!
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