

The MOVEMENT Studio - Fall Schedule 1/6/25 *Classes may fill up or subject to change. Please call 928-515-2919 or email ben@themovementstudiopv.com for more information.

PLEASE FILL OUT A WAIVER FORM PRIOR TO YOUR FIRST CLASS. ALL DANCE CLASSES REQUIRE PRE-REGISTRATION. PLEASE REFER TO OUR 2024-2025 DANCE PACKET ON OUR WEBSITE FOR DANCE INFO/CODE/CONDUCT.

updated 12/17/24

	Studio A/B	Studio C	Studio D	Studio E	Studio C2	PZ	Weight Room
Monday							
9:00am-10:00am	Body Sculpt Conditioning - Sasha						
3:00pm-4:00pm	MDT Private Rehearsals	Tiny Tots Dance (ages 2-3) - Jewels (3:00-3:45pm) Aeryn		*MDT Boys Hip Hop Team - Colton			
4:00pm-4:30pm	*MDT Adv Jazz & Contemporary- Sasha	Little Dancers Ballet/Jazz (ages 4-6) - Jewels (3:45-4:30pm) Cass		(3:45-4:30pm)	Beg Class Guitar - Ben 4:00-4:30pm		
4:30pm-5:30pm	Rehearsal	Beg Jazz I-II (ages 8+) - Jewels Shyann	*MDT Mini Diamond/Ruby/Emerald Ballet - Mary	*MDT Int Jazz Team - Jenn	Int Class Guitar - Ben 4:30-5:00pm		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	*MDT Int/Diamond Ballet Technique - Mary	Beg Lyrical Contemporary I-II (ages 8+) - Jenn Savannah	*MDT Adv Strength, Stretch & Progressions - Kim	**Footlight Productions - Naasz		**Footlight Productions - Naasz
6:30pm-7:30pm	All Levels Vinyasa Flow Yoga - Felicia	MDT Private Rehearsals	Modern/Improv Technique (ages 10+) - Mary	(ends at 7pm)	**Footlight Productions - Naasz	X	**Footlight Productions - Naasz
Tuesday							
9:00am-10:00am	Pedal & Pump -Shannon						
3:45pm-4:30pm		Preschool Ballet/Tap/Tumble (ages 3-5) -Katie Megan/Abbey	Mini Lyrical (ages 5-8) - Reagan/Jaci	*MDT Girls Hip Hop Team - Sheila Wynn (3:45-4:45pm)			
3:45pm-4:45pm	*MDT Adv Musical Theatre - Sasha		MDT Private Rehearsals (4:30-5:00pm)				
4:00pm-5:00pm		*MDT Emerald Team - Katie (4:30-4:45pm)					
4:30pm-5:30pm	*MDT Ruby & Diamond Team CLJT - Sasha Cass	Mini Lyrical Jazz (ages 6-9) - Katie (4:45-5:30pm)		Mini Tap I-II - Colton (ages 6-9) (4:45-5:30pm)			Power Hour - Felicia
4:45pm-5:30pm		*MDT Mini Lg Tap Team - Katie (5:30-6:15pm)	*MDT Adv Ballet Technique - Mary				
5:00pm-6:00pm			(5:00-6:30pm)	Int Contemporary II-III (ages 10+) - Colton			
5:30pm-6:30pm	Xtreme Hip Hop (Step Class)/MixFit rotating classes - Twan	*MDT Mini Ruby Jazz Team - Katie (6:15-7:00pm) Picard/Brin					
6:15pm-7:00pm							
6:30pm-7:45pm	*Adult Performance Dance Co. - Sasha						
Wednesday							
6:00am-7:00am	Extreme Hip Hop (Step Class) - Artwan					X	
9:00am-10:00am	EmPOWERmat (yoga/core) - Sasha						
2:00pm-3:00pm	MDT Private Rehearsals	MDT Private Rehearsals					
3:00pm-3:30pm	*Int/Adv Acro (ages 10+) - Kim/Trey (3:00-4:30pm)	Mini Jazz I (ages 5-8) - Jewels (3:00-3:45pm) Serenity					
3:30pm-4:30pm		Mini Tap I - Katie (ages 5-8) (starts 3:45pm) Serenity	*Int Jazz II-III (ages 9+) - Tammi	All Boys Hip Hop (ages 7+) - Colton (3:45-4:30pm)			
4:30pm-5:30pm	*Int/Adv Hip Hop III-IV (ages 12+) - Sheila Sully	Tumble/Jazz (ages 6-10) - Tammi (ends 5:15pm)	*Int Tap II-III (ages 9+) - Katie	*MDT Adv Tap Team - Colton			Pedal & Pump - Genese
5:30pm-6:30pm	Body Sculpt Conditioning- Sasha	Beg Tap Level I-II (ages 8+) - Colton	Teen/Adult Jazz I-III - Jenn	**Footlight Productions - Naasz	MDT Private Rehearsals		**Footlight Productions - Naasz
6:30pm-7:30pm	Breathe & Flow Yoga -Felicia		Teen/Adult Tap I-III - Katie	**Footlight Productions - Naasz		X	
Thursday							
9:00am-10:00am	HIIT & HOLD - Shannon						
10:00am-11:00am		Tiny Ballet/Tap Combo (ages 2-4) Jewels (ends 10:45am) Serenity					
3:30pm-4:30pm	*MDT Int/Adv Team Turns & Leaps - Sasha		Ballet I-II (ages 7+) - Marissa (starts at 3:40pm)	Mini Acro (ages 6-10) Brittany (3:45-4:30pm) Savannah			
4:00pm-4:45pm		Ballet/Tap/Tumble (ages 4-6) - Katie (starts 4:00-4:45pm)					
4:30pm-5:30pm	Beg Hip Hop Level I-II (ages 9+) - Jenn/Colton Shyann	Preballet I-II (ages 4-7) - Katie (starts 4:45-5:30pm)	*Ballet Level III-IV Pointe (ages 12+) - Marissa	Hip Hop (ages 6-10) - Sasha (4:30-5:15pm) Savannah			SPIN - Felicia
5:30pm-6:30pm	*MDT Mini Diamond Team - Sasha Lela/Sully	Mini Jazz II (ages 6-9) - Katie (5:30-6:15pm) Reagan/Amalya	*Ballet Level II-III (ages 10+) - Marissa	**FTC Jr & Sr - Naasz			Body Pump - Felicia
6:30pm-7:30pm	Teen/Adult Hip Hop Level I-III - Artwan		Teen/Adult Ballet - Marissa			X	
Friday							
9:00am-10:00am	Circuit Training - Sasha						
3:15pm-4:00pm	*MDT Ballroom Team- Sasha	MDT Private Rehearsals	MDT Private Rehearsals	Film Production - Parascandolo (3:30-5:30pm)			
4:00pm-5:00pm	*MDT Adv Hip Hop Team - Sasha	MDT Private Rehearsals	MDT Private Rehearsals	**Footlight Productions - Naasz (starts at 5:30pm)			
4:30pm-5:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals	**Footlight Productions - Naasz (ends at ~7:30pm)			
5:30pm-6:30pm	MDT Private Rehearsals	MDT Private Rehearsals	MDT Private Rehearsals				
Saturday							
8:00am-9:00am	Vinyasa Yoga - Andrea					X	
9:00am-10:00am	Saturday Sweat Series (rotating class/instructor)						
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				

Key -	Dance Class / assistant	Fitness Class	Footlight Productions Theatre	Playzone available	Guitar lessons
	(*) Instructor approval required Italic= 45 min class		FTC = Footlight Theatre Company		
	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 PLEASE SIGN IN - Log onto "Mindbody: Fitness, Salon & Spa" App and search The Movement Studio to check-in.				

Contact Us! Follow Us!

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