



# Spring 2018 Class Schedule

A Body in Motion the Studio will be offering dance, cheer, theater, and fitness classes for a variety of ages all year round! Enroll your child or your entire family today!

|         | Sunday                                   | Monday   | Tuesday   | Wednesday  | Thursday                                     | Friday  | Saturday  |
|---------|--|--|---|--|--|---|---|
| 10:00am |  |  |   |  |  |   | 10:00-10:45<br>Creative<br>Movement (2-4<br>years)  |
| 10:45am |  |  |   |  |  |   | 10:45-11:30<br>Preschool<br>Tap/Jazz<br>(2-4 years) |
| 11:30am |  |  |   |  |  |   | Ballet Fit Bod<br>(10yrs-Adult)                     |
| 12:30pm |  |  |   |  |  |   |   |
| 1:00pm  |  |  |   |  |  |   | Motion<br>Competition<br>Cheer Team<br>Practice     |
| 2:00pm  | Motion<br>Dance<br>Company<br>Rehearsals |  |   |  |  |   |   |
| 3:00pm  |  |  |   |  |  |   |   |
| 5:30pm  |  | 5:30-6:15<br>Creative<br>Movement<br>(2-4 years)   | Tap I<br>(4-6 years)  | 5:30-6:15<br>Preschool Tap /<br>Jazz<br>(2-4 years)  | Hip Hop II<br>(6-8 years)                    | 5:30-6:15<br>Tiny Cheer<br>Prep<br>(2-4 years)  |   |
| 6:00pm  |  | 6:15-7:15<br>Ballet IV<br>(10yrs-Adult<br>BEG/INT) | Ballet I<br>(4-6 years)   |  | Jazz II<br>(6-8 years)                       |   |   |
| 6:30pm  |  | 6:15-7:15<br>Ballet IV<br>(10yrs-Adult<br>BEG/INT) | Jazz I<br>(4-6 years)   | 6:15-7:15<br>Ballet IV/V<br>(10yrs-Adult<br>INT/ADV) | Ballet II<br>(6-8 years)                     | 6:15-7:15<br>Musical<br>Theater<br>(6-13 years) |   |
| 7:00pm  |  | 7:15-8:00<br>Lyrical<br>(10yrs-Adult)              | Hip Hop I<br>(4-6 years)  | 7:15-8:00<br>Jazz IV<br>(10yrs – Adult)              | Tap II<br>(6-8 years)                        | 7:00-7:45<br>Baton Twirling<br>(6-13 years)     |   |
| 7:30pm  |  |  | Tap III<br>(8-10 years)   |  | Tap IV<br>(10yrs-Adult)                      |   |   |
| 8:00pm  |  |  | Ballet V<br>(10yrs-Adult<br>INT/ADV)*<br>*Must be<br>approved by<br>Motion Directors<br>to enroll | Ballet III<br>(8-10 years)                           | 8:00-8:45<br>Contemporary<br>(10yrs – Adult) | Technique<br>(10yrs-Adult)                      | 7:45-8:30<br>Cheer Prep<br>(5-13 years)             |
| 8:30pm  |  |  |   | Jazz III<br>(8-10 years)                             |  | Flex/Core<br>(10yrs-Adult)                      | Drill Team Prep<br>(10-16 years)                    |
| 9:00pm  |  |  | Pre-Pointe /<br>Pointe<br>(10yrs-Adult)   | Hip Hop III<br>(8-10 years)                          | 8:45-9:30<br>Hip Hop IV<br>(10yrs-Adult)     |   |   |
| 9:30pm  |  |  |   |  |  |   |   |

Visit [www.abodyinmotion.us](http://www.abodyinmotion.us) for prices, teachers, and other details.

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