



Fall 2019 Class Schedule

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!

Go to:
www.abodyinmotion.us
 prices, teachers, and other details.

Location 1:
 Motion at Carrollton Park
 1235 S. Josey Lane,
 Suite 535
 Carrollton, TX 75006
 469-892-2137

Contact us at:
info@abodyinmotion.us

Carrollton Park Location — Studio A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Studio A	Studio A	Studio A	Studio A	Studio A	Studio A
10:00 AM						10:00 - 10:45 Saturday Creative Movement (2-4 years)
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
12:00 PM						
1:00 PM						
5:00 PM						
5:30 PM	5:30 - 6:00 Tap II (7-9 years)	5:30 - 6:00 Hip Hop I (4-6 years)	5:30 - 6:00 Tap I (4-6 years)	5:30 - 6:00 Hip Hop II (7-9 years)	5:30 - 6:15 Mini /Youth Baton (4-9 years)	
6:00 PM	6:00 - 6:30 Ballet II (7-9 years)	6:00 - 6:30 Jazz I (4-6 years)	6:00 - 6:30 Ballet I (4-6 years)	6:00 - 6:30 Jazz II (7-9 years)		
6:15 PM					6:15 - 7:00 Junior / Senior Baton (10+ years)	
6:30 PM	6:30 - 7:00 Jazz II (7-9 years)	6:30 - 7:00 Ballet I (4-6 years)	6:30 - 7:00 Jazz I (4-6 years)	6:30 - 7:00 Ballet II (7-9 years)		
6:45 PM						
7:00 PM	7:00 - 7:30 Hip Hop II (7-9 years)	7:00 - 7:30 Tap I (4-6 years)	7:00 - 7:30 Hip Hop I (4-6 years)	7:00 - 7:30 Tap II (7-9 years)		
7:15 PM						
7:30 PM	7:30 - 8:00 Clogging (10+ years) ALL LEVELS	7:30 - 8:30 Sapphires Drill Team Rehearsal (7-13 years) SHOW TEAM	7:30 - 8:30 High School Dance/Drill Team Prep (10+ years)	7:30 - 8:00 Dance Technique/ Tricks (7-13 years)		
7:45 PM						
8:00 PM						
8:15 PM	8:00 - 8:45 Tap III (9-13 years)			8:00 - 8:45 Hip Hop III (9-13 years)		
8:30 PM						
8:45 PM	8:45 - 9:30 The Zone: Hip Hop Power Workout (13+ years)	8:30 - 9:30 Beat The Heat: Body Toning Workout (13+ years)	8:30 - 9:30 College Dance/ Drill Prep (13+ years)			
9:00 PM						
9:15 PM						