



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 B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Studio B	Studio B	Studio B	Studio B	Studio B	Studio B
10:00 AM						
10:45 AM						
11:00 AM						
11:15 AM						11:00 - 12:00 Cheer Team Rehearsal SHOW TEAM (5+ years)
11:30 AM						
12:00 PM						12:00 - 1:00 Baton Twirl Team Rehearsal SHOW TEAM (5+ YEARS)
1:00 PM						
5:00 PM						
5:30 PM	5:30 - 6:15 Musical Theater (7-13 years)	5:30 - 6:15 Acrobatics / Contortion (9+ years)	5:30 - 6:00 Broadway Jazz (10+ years)	5:30 - 6:15 Jazz III (9-13 years)	5:30 - 6:15 Tiny Cheer (2-4 years)	
6:00 PM			6:00 - 6:45 Contemporary IV (13+ years)			
6:15 PM	6:15 - 7:00 Ballet III (9-13 years)	6:15 - 7:00 Tap IV (13+ years)		6:15 - 7:00 Contemporary III (9-13 years)	6:15 - 7:00 Mini / Youth Cheer (4-9 years)	
6:30 PM			6:45 - 7:15 Improv IV (13+ years)			
6:45 PM				7:00 - 7:30 Improv III (9-13 years)		
7:00 PM	7:00 - 7:30 Prepointe III (9-13 years)	7:00 - 7:45 Jazz IV (13+ years)	7:15 - 8:00 Lyrical IV (13+ years)		7:00 - 7:45 Beg / Int Tumbling	
7:15 PM				7:30 - 8:00 Pre-pointe (10+ years)		
7:30 PM	7:30 - 8:00 Lyrical III (9-13 years)	7:45 - 8:30 Hip Hop IV (13+ years)			7:45 - 8:30 Int / Adv Tumbling	
7:45 PM			8:00 - 9:00 Ballet V (13+ years)	8:00 - 9:00 Ballet IV (13+ years)		
8:00 PM						
8:15 PM						
8:30 PM	8:00 - 9:30 Dimensions Dance Company Rehearsal	8:30 - 9:30 Blackout Crew Rehearsal			8:30 - 9:30 Junior / Senior Cheer (10+ years)	
8:45 PM			9:00 - 9:30 Pointe V (13+ years)	9:00 - 9:30 Ballroom (10+ years)		
9:00 PM						
9:15 PM						