



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

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