



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 2:
Motion on the Carrollton Square
1201 S. Broadway, Suite 101
Carrollton, TX 75006
469-892-2137

Contact us at:
info@abodyinmotion.us

Carrollton Square Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 PM	5:30 - 6:15 Monday Creative Movement (2-4 years)	5:30 - 6:15 Tiny Tot Swag (2-4 years)	5:30 - 6:15 Pre-school Tap / Jazz (2-4 years)		
6:00 PM						
6:15 PM						
6:30 PM			6:15 - 7:15 Axis Junior Company Rehearsal			
6:45 PM	6:30 - 7:30 Flex / Core (10+ years)	6:30 - 7:30 Ballet Fit: Barre Workout (10+ years)				
7:00 PM						
7:15 PM						
7:30 PM	7:30 - 8:00 Kick Line Technique (10+ years)		7:15 - 8:00 Vitality Mini Company Rehearsal			
7:45 PM						
8:00 PM	8:00 - 8:30 Dance Technique / Tricks (10+ years)					
8:15 PM			8:00 - 9:00 Sweat Success Cardio Fit (10+ years)			
8:30 PM						
8:45 PM						
9:00 PM						
9:15 PM						
9:30 PM						