



Fall 2022 Class Schedule

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

Visit us online @ www.motionthestudio.com for prices, teachers, and other details.

Location:
Motion @ Carrollton Park
1235 S. Josey Lane,
Suite 535
Carrollton, TX 75006

Contact us @:
info@abodyinmotion.us
or 469-892-2137

*Instructor Approval
Required

**NO TUMBLING
CURRICULUM INCLUDED.
MUST ENROLL IN
TUMBLING CLASS.

7/24/2022

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
	Studio A	Studio B	Art Area	Studio A	Studio B	Art Area	Studio A	Studio B	Art Area	Studio A	Studio B	Outside	Studio A	Studio B	Music Studio	Studio A	Studio B	
10:00 AM																		10:00 AM
10:30 AM																		10:30 AM
11:00 AM																		11:00 AM
11:30 AM																		11:30 AM
12:00 PM																		12:00 PM
5:00 PM																		5:00 PM
5:30 PM	5:30-6:00pm Tap II 7-9 years	5:30-6:00pm Adult Jazz 18+		5:30-6:15pm Jazz III 10+ years	5:30-6:15pm Lyrical IV* 13+ years APPROVAL REQUIRED		5:30-6:15pm Tiny Tot Swag 3-4 years	5:30-6:00pm Contemporary II 7-9 years	5:30-6:15pm Art I 4-6 years	5:30-6:00pm Tempo Team Rehearsal	5:30-6:00pm Mini Cheer** 4-6 years		5:30-6:15pm Creative Movement 3- 4 years	5:30-6:15pm Open Studio	5:30-6:15pm Art I 4-6 years			5:30 PM
6:00 PM																		6:00 PM
6:15 PM	6:00-6:45pm Hip Hop III 10+ years	6:00-6:45pm Hip Hop II 7-9 years		6:15-6:45pm Adult Ballet Class 18+	6:15-6:45pm Pre-pointe/ Pointe III/IV 10+ years		6:15-6:45pm Tap I 4-6 years	6:00-6:45pm Ballet II 7-9 years		6:00-6:45pm Tap IV* 13+ years APPROVAL REQUIRED	6:00-6:30pm Mini Tumbling 4-6 years		6:15-6:45pm Ballet I 4-6 years	6:15-6:45pm Mini/Youth Baton 4-9 years			6:15 PM	
6:30 PM																		6:30 PM
6:45 PM																		6:45 PM
7:00 PM	6:45-7:30pm Jazz II 7-9 years	6:45-7:30pm Axis Team Rehearsal	6:45-7:30pm Art III/IV 7-12 years	6:45-7:30pm Ballet III 10+ years	6:45-7:45pm Ballet IV* 13+ years APPROVAL REQUIRED		6:45-7:15pm Ballet I 4-6 years	6:45-7:15pm Lyrical II 7-9 years	6:45-7:30pm Art III/IV 7-12 years	6:45-7:15pm Acting 7+ years			6:45-7:15pm Jazz I 4-6 years	6:45-7:45pm Baton Team Rehearsal 7-14 years			7:00 PM	
7:15 PM																		7:15 PM
7:30 PM	7:30-8:00pm Dance Flexibility/ Technique III/IV 7-12 years	7:30-8:00pm Dance Flexibility/ Technique III/IV 10+ years		7:30-8:00pm Lyrical III 10+ years			7:15-7:45pm Hip Hop I 4-6 years	7:15-7:45pm Modern III 10+ years		7:15-7:45pm Voice 7+ years			7:15-7:45pm Hip Hop I 4-6 years				7:30 PM	
7:45 PM																		7:45 PM
8:00 PM	8:00-8:45pm The Heat Hip Hop Team Rehearsal 7-14 years	8:00-8:45pm Jazz IV* 13+ years APPROVAL REQUIRED		8:00-8:30pm Ballroom III/IV 10+ years	7:45-8:30pm Sapphires Team Rehearsal 7-14 years		7:45-8:30pm Contemporary IV* 13+ years APPROVAL REQUIRED	7:45-8:30pm Contemporary III 10+ years		7:45-8:15pm Musical Theater 7+ years	7:30-8:15pm Cheer Team Rehearsal** 7-14 years			7:45-8:30pm Junior/Senior Baton 10+ years			8:00 PM	
8:15 PM																		8:15 PM
8:30 PM																		8:30 PM
8:45 PM																		8:45 PM
9:00 PM	Open Studio	8:45-9:30pm Hip Hop IV* 13+ years APPROVAL REQUIRED		8:30-9:30pm Drill Team Prep 10+ years	8:30-9:30pm Dimensions Team Rehearsal		8:30-9:00pm Kick Line Training \$10 13+ years	8:30-9:00pm Improv III/IV 10+ years		8:15-8:45pm Tap III 10+ years	8:15-8:45pm Junior Tumbling 10+ years		Open Studio	Open Studio			9:00 PM	
9:30 PM																		9:30 PM

11:00-11:30am
Bayani Warrior
Martial Arts
7-12 years

11:30-12:00pm
Bayani Warrior
Martial Arts
13+ years