



Moving in the Spirit 2019-20 Class Schedule

Stepping Stones – students choose 1 class

Ages	Gender	Class Title	Day/Time
3-4	Girls and Boys	Baby Steps Tuesday	Tuesdays 4-5pm
		Baby Steps Saturday	Saturdays 10-11am
			Saturdays 2:15-3:15 pm
5-7	Girls and Boys	Mini Steps Tuesday	Tuesdays 5-6pm
		Mini Steps Saturday	Saturdays 11-12pm Saturdays 12-1pm
8-12	Girls only	Girls in Motion Monday	Mondays 5-6:15pm
		Girls in Motion Tuesday	Tuesdays 6-7:15pm
		Girls in Motion Wednesday	Wednesdays 6-7:15pm
		Girls in Motion Saturday	Saturdays 1-2:15pm
8-12	Boys only	Boys in Motion	Saturdays 1:15-2:15pm
8-12	Girls and Boys	Movement Lab: Pre-Teen Ballet/Jazz	Thursdays 5-6pm
8-12	Girls and Boys	Movement Lab: Pre-Teen West African/Hip Hop	Saturdays 12-1pm
13-18	Girls and Boys	Collective Motion (Modern)	Saturdays 2:15-3:45pm
13-18	Girls and Boys	Movement Lab: The World of Dance	Mondays 6:30-7:30pm

GLOW in Motion – students participate in **All** classes

Ages	Gender	Class Title	Day/Time
9-12	Girls only	GLOW in Motion (Modern)	Tuesdays 5-7pm
		GLOW in Motion (Ballet)	Thursdays 5-6pm
		GLOW in Motion (Rhythmic Fusion)	Thursdays 6-7pm

Men in Motion – students participate in **All** classes

Ages	Gender	Class Title	Day/Time
9-13	Boys only	Men in Motion	Saturdays 10-11:45am
Required: Choose ONE of the Pre-teen Movement Labs from the Stepping Stones section			

Apprentice Corporation – students participate in **All** classes

Ages	Gender	Class Title	Day/Time
13-18	Girls and Boys	Apprentice Corps (Teen Ballet)	Mondays 5-6:30pm
		Apprentice Corps (Modern)	Mondays 6:30-8pm
		Apprentice Corps (West African)	Wednesdays 5-6:30pm
		Apprentice Corps (Modern)	Wednesdays 6:30-8pm