



## Moving in the Spirit Class Schedule 2022-2023

### Stepping Stones – Open Level Classes

*\*Students choose one or more classes*

Ages	Genders	Class Name	Day & Time
3-4	Boys & Girls	Baby Steps Tuesday Baby Steps Saturday	Tuesday from 4 PM- 4:50PM Saturday from 9 AM- 9:50 AM
5-7	Boys & Girls	Mini Steps Tuesday Mini Steps Wednesday Mini Steps Thursday Mini Steps Saturday	Tuesday from 5 PM - 6 PM Wednesday from 5PM – 6 PM Thursday from 4:45 PM - 5:45 PM Saturday from 10 AM - 11 AM
8-9	Girls	Girls in Motion Tuesday Girls in Motion Thursday Girls in Motion Saturday	Tuesday from 6 PM -7:15 PM Thursday from 6 PM - 7:15 PM Saturday from 1 PM - 2:15 PM
10-12	Girls	Girls in Motion Monday Girls in Motion Wednesday Girls in Motion Saturday	Monday from 6 PM -7:15 PM Wednesday from 6 PM - 7:15 PM Saturday from 1 PM - 2:15 PM
8-12	Boys	Boys in Motion	Monday from 6 PM – 7 PM Saturday from 9 AM – 10 AM
7-12	Boys & Girls	Jazz & Hip Hop	Saturday from 11:45 AM – 12:45 PM
7-12	Boys & Girls	Beginner Ballet	Wednesday from 5 PM- 6PM Saturday from 11 AM- 12PM
13-18	Boys & Girls	Collective Motion	Wednesday from 6 PM – 7:30 PM Saturday from 10 AM – 11:30 AM

## GLOW in Motion Performance Company

*\*Students participate in ALL classes*

Ages	Gender	Class Name	Day & Time
9-12	Girls	GLOW in Motion (Ballet Technique) GLOW in Motion (Rhythmic Fusion) GLOW in Motion (Modern Technique) GLOW in Motion (Choreography)	Tuesday from 5:15 PM – 6:30 PM Tuesday from 6:30 PM – 7:30 PM Thursday from 5:15 PM – 6:30 PM Thursday from 6:30 PM – 7:30 PM

## Men in Motion Performance Company

*\*Students participate in ALL classes*

Ages	Gender	Class Name	Day & Time
9-13	Boys	Men in Motion	Saturday from 10 AM – 11:45 AM

## Apprentice Corporation Performance Company

*\*Students participate in ALL classes*

Ages	Gender	Class Name	Day & Time
13-18	Boys & Girls	Apprentice Corporation (Ballet) Apprentice Corporation (Choreography) Apprentice Corporation (Rhythmic Fusion) Apprentice Corporation (Modern Technique)	Monday from 5 PM – 6:15 PM Monday from 6:30 PM – 8 PM  Wednesday from 5 PM – 6:15 PM Wednesday from 6:30 PM – 8 PM