



Moving in the Spirit 2019-20 Class Schedule

Stepping Stones – students choose one or more classes

Ages	Gender	Class Title	Day/Time
3-4	Girls and Boys	Baby Steps Tuesday	Tuesdays 4pm-5pm
		Baby Steps Saturday	Saturdays 10am-11am
			Saturdays 2:15pm-3:15 pm
5-7	Girls and Boys	Mini Steps Tuesday	Tuesdays 5pm-6pm
		Mini Steps Saturday	Saturdays 11am-12pm Saturdays 12pm-1pm
8-12	Girls only	Girls in Motion Monday	Mondays 5pm-6:15pm
		Girls in Motion Tuesday	Tuesdays 6pm-7:15pm
		Girls in Motion Wednesday	Wednesdays 6pm-7:15pm
		Girls in Motion Saturday	Saturdays 1pm-2:15pm
8-12	Boys only	Boys in Motion	Saturdays 9am-10am
8-12	Girls and Boys	Movement Lab: Pre-Teen Ballet/Jazz	Thursdays 5pm-6pm
8-12	Girls and Boys	Movement Lab: Pre-Teen West African/Hip Hop	Saturdays 12pm-1pm
13-18	Girls and Boys	Collective Motion (Modern)	Saturdays 2:15pm-3:45pm

GLOW in Motion – students participate in ALL classes

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

Men in Motion – students participate in ALL classes

Ages	Gender	Class Title	Day/Time
9-13	Boys only	Men in Motion	Saturdays 10am-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 5pm-6:30pm
		Apprentice Corps (Modern)	Mondays 6:30pm-8pm
		Apprentice Corps (West African)	Wednesday 5pm-6:30pm
		Apprentice Corps (Modern)	Wednesday 6:30pm-8pm