Movement Fall Schedule

Studio E FAMILY ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-2:00PM	Available for Pickleball	Available for Pickleball	Available for Pickleball	Available for Pickleball	Available for Pickleball	Company 9:45-10:45A
3:00-4:00P			High School Group Solo			
4:00-5:00P	Surge Team HH W Porter & Alice	Ignite Team Jazz W Peyton	Surge Team Cont. W Ricci	Ignite Team Cont W Ambree	Jr. High Group Solo	
5:00-6:00P	Technique W Ambree	Turn Techniques W Peyton	Surge Team W Shanaya	Ignite Team Hip Hop W Ricci		
6:00-7:00P	Torrent Team Cont. W Maddi/ Ambree	Velocity Team Cont. W Peyton	Recital Co-ED Hip Hop W Shanaya	Technique W Maddi/ Shanaya		
7:00-8:00P	Torrent Team Jazz W Peyton	Velocity Team Hip Hop W Peyton	Torrent Team Hip Hop W Ricci	Velocity Team Jazz W Ricci		
8:00-9:00P	Refine & Align W Cyndi	Company W Ricci	Luminosity Team W Ricci	The Uprise Team W Ricci		

Studio D PASSION ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45-11:30A		Pre K Tumble W Ricci				ADV Tumble W Chris
4:15-5:00P	Adv Acro W Ambree		Mini Tumble W Teisha	Beginning Tumble W Ricci		
5:15-6:15P	Int + Tumble W Porter & Lakely	Cheer (5:30-6:15)	Int Acro + Stretch W Mylee	Beg Acro W Ambree (5:30-6:15)		
6:15-7:00P	Leaps & Jumps W Peyton					
7:15-8P			Handsprings & Aerials			

Movement Fall Schedule

Studio C INTEGRITY ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:45 A		Pre K Dance W Ricci				
4:00-5:00P		Torrent Ballet W Kristen				
5:00-6:00P	Technique/ Ballet Ascend W Ricci	Ballet Ignite & Velocity W Kristen	Ascend Team Jazz W Teisha			
6:00-7:00P	Ascend Team Hip Hop W Shanaya	Mini Ballet W Teisha (6:00-6:45)	Ballet Surge Team W Sam			
7:00-8:00P				Pointe W Kristina		

Studio B TRUST ROOM
THE LOUNGE HOURS

OFF HOURS ARE OPEN TO PUBLIC TO ENJOY AND RELAX.
DRINKS & SNACKS SOLD DURING LOUNGE HOURS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30-7:30PM	4:30-7:30PM	4:30-7:30PM	4:30-7:30PM	Available for rent.	Available for rent.

Studio A UNITY ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:30P		Diva Team W Teisha	Beg Ballet W Kristina (5-5:45)	Diva Team W Lakely		
5:30-6:30P	Recital Contemp W Alice		Ballet 8+ W Kristina (5:45-6:30PM)			
6:30-7:30P	Arabic Dance W Kelly (7-8)	Edge Team W Ricci		Edge Team W Eva		

Movement Fall Schedule

KEY

KEY	ALL MDC classes are CO-ED.	**The Lounge**	**Pickleball Court Rentals**
Audition Only- Competition Teams	Intermediate Plus 10 years & up with previous experience	Hours of operation are listed. Come enjoy a space to lounge while your waiting for class or while waiting for your student in class.	Private indoor court available for rent. Rentals are scheduled on our dance studio Pro app
Pre School ~ Mini Classes 3-5 years old Dancers are accepted once they are potty trained.	Advanced Classes 13 years & up with 3 years or more of previous experience	Snacks & drinks available for purchase during hours. Lounge is open for your enjoyment during Movement class times.	Lessons available! Inquire with Gabe at 801-448-1859 or gabegalvan82@gmail.com
Beginning Classes 6-9 years old	Adult Classes 18 years & up	**Studio Event Rentals**	**Birthday Parties at MDC**
Intermediate Classes 10 years & Up	OPEN RECITAL classes for dancers wanting a specific dance style to perform at our two annual recitals. For all levels	The studio space is available for rentals on our dance studio pro app or contact Ricci directly for your event needs.	Looking for something unqiue and special for your party this year? Contact us for options including lessons from our staff and studio space for your birthday