



## Summer Moves Class Schedule (June 24 – August 19, 2006)

### Monday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
Adult Modern Dance	6:45 – 7:45pm	4	Ms. Kendra
Youth Hip-Hop (6-12 yrs.)	6:45 – 7:45pm	5	Ms. Jennifer
Teen Hip-Hop (13-17 yrs.)	7:45 – 8:45pm	5	Ms. Jennifer
Adult Ballet	7:45 – 8:45pm	3	Ms. Kendra
Strength Training & Self Defense Techniques for Women (15 yrs. – up)	7:45 – 8:45pm	1	Sensei Gladden

### Tuesday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
Youth/Teen Jazz/Modern Technique (6-17 yrs.)	6:45 – 7:45pm	2	Ms. Crystal
Adult Liturgical	6:45 – 7:45pm	5	Ms. Linda
Tae Kwon Do Level I (4 yrs. – adult)	6:45 – 7:45pm	4	Sensei Gladden/Ryan
Youth/Teen Liturgical (6 – 17 yrs.)	7:45 – 8:45pm	5	Ms. Linda
Boys Tap Technique (6 – 17 yrs.)	7:45 – 8:45pm	3	Ms. Crystal
Tae Kwon Do Level II (8 yrs. – adult)	7:45 – 8:45pm	4	Sensei Gladden/Ryan

### Wednesday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
Youth Cheer Tech (6 – 12 yrs.)	6:45 – 7:45pm	4	Coach Toya
Adult Hip Hop	6:45 – 7:45pm	2	Ms. Jennifer
Teen Cheer Tech (13 – 17 yrs.)	7:45 – 8:45pm	4	Coach Toya

### Thursday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
Youth/Teen Ballet (6 – 17 yrs.)	6:45 – 7:45pm	3	Ms. Kendra
Adult Jazz	6:45 – 7:45pm	2	Ms. Crystal
Tae Kwon Do Level I (4 yrs. – adult)	6:45 – 7:45pm	4	Sensei Gladden/Ryan
Youth/Teen African (6 – 17 yrs.)	6:45 – 7:45pm	5	Ms. Nikki
Adult Tap	7:45 – 8:45pm	2	Ms. Kendra
Tae Kwon Do Level II (8 yrs. – adult)	7:45 – 8:45pm	4	Sensei Gladden/Ryan
Adult African Dance	7:45 – 8:45pm	5	Ms. Nikki

### Friday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
Salsa (15 yrs. – up)	6:45 – 7:45pm	2	Ms. Kimeko
Starting Pointe	6:45 – 7:45pm	3	Ms. Kendra
Youth Tumbling (6 – 12 yrs.)	6:45 – 7:45pm	4	Ms. Karen/Coach Tia
Martial Arts Strength Training	6:45 – 7:45pm	5	Sensei Gladden/Ryan
Ballroom Dancing (15 yrs. – up)	7:45 – 8:45pm	3	Ms. Kendra
Teen Tumbling (13 – 17 yrs.)	7:45 – 8:45pm	4	Ms. Karen/Coach Tia
Black Belt Prep	7:45 – 8:45pm	5	Sensei Gladden/Ryan

### Saturday

<u>Class</u>	<u>Time</u>	<u>Studio</u>	<u>Instructor</u>
BabyMoves Twos (2 yrs.)	10:00 – 11:00am	3	Ms. Karen/Coach Tia
Tumble & Move (3 – 5 yrs.)	11:00am – 12:00pm	4	Ms. Karen, Coach Tia
Belly Dance (15 yrs. – up)	12:30 – 1:30pm	3	Ms. Zahra

All classes and programs are subject to an enrollment minimum. BodyMoves, LLC reserves the right to change or discontinue programs or classes as it deems necessary.