

CoMMotion Winter/Spring 2012 Schedule

January 2nd- June 9th (22 Weeks)

Time	Mon-A	Mon-B	Mon-C	Tues-A	Tues-B	Tues-C	Wed-A	Wed-B	Wed-C	Thurs-A	Thurs-B	Thurs-C	Fri-A	Fri-B	Fri-C
4:30 - 5:30	Hip Hop I 7-9 Jenn	Tap II 11-14 Bonnie	Break Dance 8-12 Eric	Ballet II 10-12 Liz	Jazz I 7-9 Jenn		Jazz III 10-12 Bonnie	Jazz I 10-12 Kate		Hip Hop II 7-9 Bonnie	Hip Hop 5-6 4:30-5:15 Dawn	Ballet/Tap Combo 3-4 4:30-5:15 Liz	Orange Junior Rehearsal 4:30-6:00 Dawn	Green Junior Rehearsal 10-12 Bonnie 4:00-5:00	Ballet I 5-7 5:00-6:00 Natalia
5:30-6:30	Turns & Leaps I T/A * Bonnie	Ballet/Tap Combo 3-4 5:30-6:15 Dawn	Acro for Dancers T/A Eric	Jazz II 10-12 Bonnie	Hip Hop I 10-14 Jenn	Ballet II 8-10 Liz	Turns & Leaps II T/A * Bonnie	Ballet/Tap Combo 5-6 Dawn		Hip Hop I/II 10-12 Dawn *Permission* Only	Ballet/Tap Combo 3-4 5:30-6:15 Bonnie	Ballet IV & Pointe 3-4 5:15-6:45 Liz	Zumba 6:00-7:00 Brenda		
6:30-7:30	Zumba Dawn	Teen Rehearsal 6:30-8:00	TRX 6:30-7:00 Cage 7:00-7:30	Hip Hop II/III T/A Jenn	VF Dance	Zumba Angel	Jazz II/III T/A Dawn	Zumba Nasha	Ballet I 10-12 Bonnie	Jazz IV T/A 6:30-8:00 Bonnie	Hip Hop I T/A Dawn	Contemporary Ballet III & Pre-Pointe ** 10-12 6:45-8:15 Liz		Danz -N- Motion 5:00-9:00	
7:30-8:30	Poms Drill/Dance 12-18 8:00-9:00 Jenn		TRX 7:30-8:00 Cage 8:00-8:30	Ballet II/III T/A Liz	VF Dance	Jazz I T/A Jenn	Contemporary II/III Dawn				Zumba Toning Dawn				

Weekend Schedule

Sat- A	Sat- B	Sat- C
Zumba 9:30-10:30 Nasha	Ballet/Jazz 3-4 9:30-10:15 Natalia	Ballet/Tap Combo 5-7 9:30-10:30 Kate
Zumba 10:30-11:30 Nasha	Ballet /Jazz 5-7 10:30-11:30 Natalie	Hip-Hop 9-12 10:30-11:30 Kate
Motion Mania Dance Theatre Rehearsal		Ballet I 10-12 11:30-12:30 Kate
Renter 1:00-2:00		

Mon/Wed
TRX 9:30 10:00 AM

Tues.
TRX 10:00-10:30 AM

ZUMBA Fitness and Adult Dance

Mon.	10:00 - 11:00 AM	Zumba	Dawn
Mon.	6:30 - 7:30 PM	Zumba	Dawn
Tues.	10:00-11:00 AM	Zumba	Orchid
Tues.	6:30 - 7:30 PM	Zumba	Orchid
Wed.	10:00 - 11:00 AM	Z.Toning	Dawn
Wed.	6:30 - 7:30 PM	Zumba	Nasha
Thurs.	10:00 - 11:00 AM	Zumba	Orchid
Thurs.	6:30 - 7:30 PM	Hip Hop	Dawn
Thurs.	7:30 - 8:30 PM	Z. Toning	Dawn
Fri.	10:00 - 11:00 AM	Zumba	Bonnie
Fri.	6:00-7:00 PM	Zumba	Brenda
Sat.	9:30-10:30 AM	Zumba	Nasha
Sat.	10:30 -11:30 AM	Zumba	Nasha
Sat.	11:30-12:30 AM	Kickboxing	Orchid

360 Fit Body BOOT CAMP			
Mon.	6:00-6:45 AM	Boot Camp	
Thurs.	6:00-6:45 AM	Boot Camp	

Pilates Group Reformer Classes

Mon. R	10:00 - 11:00 AM	Beg.	Bonnie
Mon. R	11:00 - 12:00 PM	Int.	Bonnie
Mon. R	12:00 - 1:00	Beg.	Bonnie
Mon. R	5:30- 6:30 PM	Adv.	Bonnie
Mon. R	6:30 - 7:30 PM	Beg.	Cathy
Mon. R	6:30 - 7:30 PM	Beg.	Cathy
Tues. R	10:00 - 11:00 AM	Adv.	Bonnie
Tues. R	11:00 - 12:00 PM	Beg.	Bonnie
Wed. R	11:00 - 12:00 PM	Int. Beg	Cathy
Wed. R	5:30-6:30	Beg.	Cathy
Thurs. R	10:00-11:00 AM	Beg.	Bonnie
Thurs. R	11:00 - 12:00 PM	Beg.	Bonnie
Thurs. R	6:30-7:30 PM	Inter.	Cathy
Thurs. R	7:30-8:30 PM	Beg.	Cathy
Fri. R	11:00 - 12:00 PM	Beg.	Bonnie
Sat. R	9:30 - 10:30 AM	Beg.	Cathy
Sat. R	10:30 - 11:30 AM	Int. Beg	Cathy

Call to reserve your spot. Private and duet classes are available upon request.

* Non-Performing Class

** Permission only