

MONDAY

8:30a-9:30a	Essentrics®	Bethanne	series/single
9:30a-10:30a	Core & More	Barbara	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:50a-12:00p	Gentle Yoga	Chantal	drop-in
11:15a-12:15p	Tai Chi for Beginners	Bobby	drop-in
5:00p-6:00p	Raise the Barre: Ballet Workout	Janna	drop-in
5:15p-6:15p	Nia	Jan	drop-in
6:00p-7:15p	Prenatal Yoga	Gaby	series/single
6:00p-7:15p	Thai Massage Restorative Yoga	Cindy	limited
6:10p-7:20p	Yoga	Tiffany	drop-in
6:25p-7:30p	Feldenkrais Method®	Angela	series/single
7:30p-8:30p	Belly Dance Basics	Tamra	series
7:40p-8:30p	POUND Rockout Workout	Nicole	drop-in
7:40p-8:40p	Pole Flight Fitness: all levels	Zensual	studio rental
8:35p-9:35p	Belly Dance Level 3	Tamra	series
8:40p-9:40p	Pole Tricks: Level 2-4	Zensual	studio rental

TUESDAY

7:00a-8:00a	Nia	Traci	drop-in/prepay
8:30a-9:25a	Tone & Sculpt	Candace	drop-in
9:30a-10:30a	Nia	Lara	drop-in
9:35a-10:35a	Pilates Mat	Terry R.	drop-in
10:45a-12:00p	Gentle Yoga Flow	Tida	drop-in
11:15a-12:30p	ChogaFlow	Valerie	drop-in
12:15p-1:30p	Prenatal Yoga	Gaby	series
5:30p-6:30p	Nia	Jule	drop-in
6:00p-7:00p	Yoga with Detailed Alignment	Terry G.	drop-in
6:10p-7:20p	Yoga	Andy	drop-in
6:45p-7:45p	Zumba	Michie	drop-in
7:30p-8:30p	Pole: Xtreme Flex: all levels	Zensual	studio rental
8:40p-9:40p	Pole Xtreme Tricks levels 4-6	Zensual	studio rental

WEDNESDAY

9:00a-10:15a	Release and Flow Yoga	Cindy	drop-in
9:35a-10:35a	Pilates Core Fusion	Teresa	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-11:30a	Musikgarten	MaryFrances	series
11:00a-12:00p	Barre Beat Combo	Michie	drop-in
11:10a-12:25p	Gentle Yoga and Meditation	Tammy	drop-in
12:15p-1:15p	Pole & Flow: all Levels	Zensual	studio rental
5:00p-6:00p	Pilates Mat	Chantal	drop-in
5:15p-6:15p	Nia	Jan	drop-in
6:00p-7:15p	Improve Your Posture: Free Yourself from the Modern Hunch	Candace	series
6:00p-6:55p	Pilates Equipment: Int/Adv	Sue	limited
6:00p-7:00p	Gentle Yoga Flow	Joshua	drop-in
6:10p-7:20p	Yoga	Tiffany	drop-in
6:25p-7:20p	Essentrics®	Bethanne	series/single
7:00p-7:55p	Pilates Equipment Basics	Sue	series
7:30p-8:30p	Tone & Sculpt	Candace	drop-in
7:30p-8:30p	Bell Dance Level 2	Tamra	series
7:40p-8:40p	Pole Flight Fitness: Levels 1-2	Zensual	studio rental
8:40p-9:40p	Sensual Dance	Zensual	drop-in
8:40p-9:40p	Pole Tricks: Levels 1-2	Zensual	studio rental

THURSDAY

8:30a-9:25a	Tone & Stretch	Candace	drop-in
9:30a-10:30a	Nia	Lara	drop-in
9:35a-10:35a	Pilates Mat	Chantal	drop-in
10:45a-12:00p	Gentle Yoga Flow	Tida	drop-in
11:15a-12:30p	ChogaFlow	Valerie	drop-in
6:00p-7:15p	Aikido	Lynn	studio rental
6:00p-7:00p	Cardio Dance Jam	Michie	drop-in
6:10p-7:10p	Pilates Mat	Sue	drop-in
7:15p-8:25p	Yoga: Stretch, Relax & Yoga Nidra	Michie	drop-in
7:20p-8:20p	Barre Bootcamp	Kelley	drop-in
7:30p-8:30p	Pole Dancing	Zensual	studio rental
8:35p-9:35p	Hip Hop Basics	Kelley	series
8:40p-9:40p	Pole After Dark	Zensual	studio rental

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FRIDAY

9:00a-10:15a	Release and Flow Yoga	Cindy	drop-in
9:30a-10:30a	Essentrics®	Bethanne	series/single
9:45a-10:45a	Nia	Jule	drop-in
10:45a-11:45a	Barre Bootcamp	Kelley	drop-in
11:00a-12:15p	Viniyoga	Tammy	drop-in
11:50a-12:50p	Friday Deep Stretch	Kelley	drop-in

SATURDAY

7:50a-8:50a	Tone & Sculpt	Candace	drop-in/prepay
9:00a-10:00a	Pilates Mat	Candace	drop-in
9:00a-10:15a	Yoga: Stretch, Strength & Serenity	Louise	series/single
9:05a-10:05a	Nia Moving to Heal	Jule	drop-in
10:10a-11:20a	Yoga	Andy	drop-in
10:10a-11:05a	Pilates Equipment: Int/Adv	Teresa	limited
10:20a-11:20a	Nia	Jule	drop-in
10:30a-11:30a	Prenatal Yoga	Gaby	series/single
11:10a-12:05a	Pilates Equipment Basics	Teresa	series
11:30a-12:30p	Hoop Dance	Suzi	drop-in
11:30a-12:30p	Core & More	Barbara	drop-in
12:40p-1:40p	Pole Conditioning: all levels	Zensual	studio rental
1:40p-2:40p	Pole Dancing: Levels 1-2	Zensual	studio rental

SUNDAY

8:30a-9:30a	Yoga with Detailed Alignment	Terry G.	drop-in/prepay
9:45a-10:45a	Aikido	Lynn	studio rental
9:45a-10:45a	Pilates Mat	Chantal	drop-in
11:00a-12:15a	Yoga: Stretch, Strength & Serenity	Louise	drop-in
11:30a-12:40p	Mindful Yoga	Tida	drop-in
11:45a-12:45p	Nia	Theresa	drop-in
12:50p-2:00p	Viniyoga	Tammy	drop-in
1:00p-2:00p	Hoop Dance Basics	Lisa	series

NEW STUDENTS: Please arrive 15 minutes early for your class if it's your first time to the studio. Also see the 'New Student Info & Helpful Tips' under 'About' at Movestudio.com

CLASS DESCRIPTIONS *Bare feet are appropriate or recommended for all classes unless otherwise noted below.*

Barre Beat Combo: Raise your heart rate and your spirit in this cardio dance class. Sculpt, stretch and strengthen with ballet moves, Pilates, stretching and functional training. Barefeet or toesox.

Barre Bootcamp: Enhance core strength and stamina with this cardio-inspired class rooted in Pilates and barre techniques. Barefeet or toesox.

Belly Dance: Learn the movements and steps of traditional middle eastern belly dance while you tone and strengthen your core, express yourself, and celebrate the feminine.

Cardio Dance Jam: With easy to learn dance moves, get your groove on and sweat out your stress. Gain confidence and get moving, sweating and motivated in this welcoming, fun and energetic class! Sneakers or athletic shoes.

ChogaFlow™: Yoga done both seated and standing, integrating breath with movement. Ideal if you are new to practicing yoga, prefer a less strenuous class or have physical limitations.

Core & More: Strengthen the entire body and improve your endurance and flexibility through a fusion of weights, barre, yoga poses, exercise balls and more. Sneakers or athletic shoes recommended for safety.

Essentrics: A dynamic and fluid combination of strengthening and stretching to create a balanced, flexible and strong body.

Feldenkrais Method®: Guided, purposeful exercises to help improve movement awareness, function and ability.

Friday Deep Stretch: Head into your weekend by releasing tension and stress, while improving your flexibility.

Gentle Yoga: Centering around the breath, rejuvenating and healing. With the slower pace, focus on toning and stretching with awareness while releasing tension and stress. Props are often used.

Gentle Yoga & Meditation: With movement, breath and guided mediation, let go of tension held in the body and mind.

Gentle Yoga Flow: This "slow flow" practice allows for thorough instruction, proper alignment tips, modifications and use of props to assist. Incorporating breath, mindful movement and ending with a sequence of relaxing, deep stretches. Basic yoga experience helpful.

Hoop Dance: A fun cardiovascular & toning workout for adults and a new fitness spin on a favorite childhood activity, the hula hoop. Adult-sized hoops and creative moves keep you spinning!

Mindful Yoga: Bring your body and mind back together into union. Enjoy present moment awareness in a class that includes yin, restorative and gentle dynamic movement.

Moving to Heal: A gentler movement practice adapting Nia to individual's needs, complimenting and facilitating healing of body, mind, emotions and spirit

Nia™: An energizing, body-friendly cardio workout blending elements of aerobics, modern and jazz dance, martial arts, yoga, healing bodywork, expressive movement, and powerful imagery.

Pilates Core Fusion: A Pilates-based core-strengthening class enhanced with weights, resistance bands, exercise balls, etc.

Pilates Equipment: An intense full-body workout on the Reformer, Tower and Chair apparatus. Limited Enrollment, Series, & Private Training.

Pilates Mat: The classic Pilates Method tones and lengthens muscles, improves flexibility, strengthens the back, and builds core strength/stability through a flowing series of mat exercises.

Pole Dancing / Pole Flight Fitness™ / Pole Tricks: Pole classes are offered through Zensual Dance Fitness™. See zensualdance.com.

Postnatal Yoga: This "mommy & me" class series will help you begin to restrengthen abdominal muscles, bond with your baby (6wk to prewalkers) and other new moms, and relieve postnatal discomfort.

Prenatal Yoga: A yoga program of gentle exercises and breathwork designed to help safely prepare the body and mind for labor, delivery and motherhood. Appropriate for women in 2nd and 3rd trimesters

POUND: An exhilarating full-body workout using Ripstix®, lightly weighted drumsticks, that combines cardio, conditioning, and strength training with yoga and Pilates inspired moves. Rock out! Bare feet, sneakers or athletic shoes.

Raise the Barre! Ballet Workout: Sculpt a dancer's body with ballet based barre and floor exercises, light hand weights and stretching.

Release & Flow Yoga: A fusion of slow flow and massage ballwork for renewal and healing, beneficial for de-stressing, re-energizing and moving beyond tension.

Sensual Dance: Connect to your most playful, feminine self, and increase confidence in this easy-to-follow floorplay.

Tai Chi for Beginners: Alleviating stress and anxiety, this 'meditation in motion' promotes inner peace, greater awareness.

Tone & Sculpt: Tone up and build lean muscle mass using a variety of equipment including hand weights, resistance bands and more. Sneakers or athletic shoes recommended for safety.

Tone & Stretch: A "lighter" version of Tone & Sculpt. Class includes toning exercises and yoga-inspired stretching. Bare feet or sneakers.

Viniyoga: A highly therapeutic and user-friendly form of Hatha Yoga that emphasizes adapting poses to each individual's specific needs and situation. Improves flexibility, range of motion and balance.

Yoga: Quiet your mind as you stretch, strengthen, open and balance your body with the ancient practice of Hatha Yoga, including asana, pranayama, and meditation.

Yoga with Detailed Alignment: Benefit from meticulous attention to alignment, very detailed instruction, generous use of props, and allowing plenty of time in each pose.

Yoga: Stretch, Relax & Yoga Nidra: Relax muscles, deepen stretch and increase flexibility through seated and lying yoga poses, using props to experience poses more easily and fully. Experience calm and clarity through the relaxing practice of Yoga Nidra.

Yoga: Stretch, Strength & Serenity: Deep stretching, a standing practice for building strength & improving balance, as well as time for rest, serenity & self-exploration. Basic yoga experience recommended.

Zumba™: Fun cardio dance fitness fusing Latin/global rhythms and easy-to-follow steps with interval training and body sculpting moves. Dance fitness shoes recommended. **Zumba Toning™:** adds weighted maracas for more upper body work.

CLASS TYPES

Drop-in classes are ongoing and usually meet every week (check online schedule often). Most drop-in classes are mixed-level and beginners are welcome, but new beginners may wish to start in a Basics class or series. All drop-in classes are included in class passes.

Drop-in/Prepay classes are held during times when there is no desk staff on site, so payment at the door is not possible. You **MUST** be prepaid (class pass or online payment in advance). New students please contact studio during office hours before attending.

Limited Enrollment classes are not included in drop-in class passes; advance registration and payment is required. Beginners may need to start with private training or basics series in order to advance to these semi-private classes.

Series/Single classes are not included in class passes; advance registration and payment is highly suggested. It may be possible to join after series has started or purchase individual classes if space permits; please call the studio in advance for more information.

Studio Rental classes are offered by third parties and are not included in MoveStudio class passes. Payment is directly through instructor or sponsoring organization.