

Updated 4/1/17

*Classes begin at our new studio 4/8/17

Check out our **NEW** classes!

S Indicates Specialty Class



Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:00 am NEW! bootybarre S w/Nicole	5:30 am NEW! Full Body Conditioning w/Lauri	8:45 am Yoga (70 min) w/Sunje	8:30 am Zumba Toning w/Nicole	8:30 am Core (25 min) w/Lauri	8:00 am Zumba w/Nicole	9:00 am Zumba w/Lauri	<i>Online registration for classes is required. Sign up at www.move-sd.com/classes or on the Mindbody App.</i>
10:00 am Zumba w/Nicole	8:30 am POUND (30 min) w/Nicole	10:00 am S bootybarre w/Nicole	9:30 am Piyo w/Nicole	9:00 am Yoga w/Jackie	9:00 am S bootybarre w/Nicole		<i>**All classes are 55 minutes unless noted otherwise.</i>
4:00 pm NEW! Yoga w/Allie	9:00 am Piyo w/Nicole	5:30 pm Piyo w/Lauri	12:00 pm NEW! bootybarre S Express (45min) w/Nicole	10:00 am Happening w/Lauri			<div style="background-color: #ff9999; padding: 10px;"><p>We offer special events & workshops monthly. Move is also available for private rentals, events and birthday parties. Please contact info@move-sd.com to inquire and follow us online to get special event details.</p><p> movefitness&dance movefitnessfamily</p></div>
6:00 pm S bootybarre w/Nicole	10:00 am Zumba Gold w/Lauri	6:30 pm Zumba w/Lauri	4:00 pm Happening w/Lauri				
7:00 pm Zumba w/Lauri	11:00 am Core (25 min) w/Lauri	7:30 pm S Connect (70min) w/Mario	6:00 pm Zumba w/Lauri				
	6:00 pm POUND w/Nicole		7:00 pm U-JAM				

Kids & Family Classes

Hip Hop - Wednesday 3:15pm (Spring semester currently running)

Yoga for Kids - Wednesday 4:15pm

- New 8 wk session begins 4/26

Toddlers on the Move - Thursday 10:45am (40 min)

- New 6 wk session begins 5/4, parent participation class

Family Yoga - 4/22/17 10:30am, once a month on various dates

Kids Camp - 2 weeks open: 6/26-6/30/17 & 7/31-8/4/17

Register for kids & family classes at www.move-sd.com/kids