

FALL 2026 SCHEDULE

Move. Grow. Thrive.



FAMILY-OWNED

We treat every student like family.



VETERAN-OWNED

Proud to serve our community.



SMALL CLASS SIZES

Personalized attention for every student.



FLEXIBLE MAKE-UP CLASSES

We make it easy to stay on track.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	7:00 AM Equipment Pilates		7:00 AM Equipment Pilates			7:00 AM Mat Pilates	
8:00 AM	8:15 AM Tiny Movers	8:00 AM Equipment Pilates	8:30 AM Barre Fitness	8:00 AM Equipment Pilates	8:00 AM Equipment Pilates	8:00 AM Equipment Pilates	
9:00 AM						9:00 AM Little Stars Ballet & Tap	9:00 AM Equipment Pilates
10:00 AM						10:00 AM Rising Star Minis	
11:00 AM						11:00 AM Tiny Movers	
12:00 PM						12:00 PM Equipment Pilates	
4:00 PM		4:15 PM Equipment Pilates		4:15 PM Rising Star Minis			
5:00 PM		5:15 PM Little Stars Ballet & Tap	5:00 PM Equipment Pilates	5:15 PM Equipment Pilates			
6:00 PM		6:15 PM Rising Star Seniors	6:00 PM Rising Star Juniors	6:15 PM Rising Star Juniors			
7:00 PM		7:15 PM Equipment Pilates	7:00 PM Adult Jazz/Contemporary	7:15 PM Rising Star Teens			
8:00 PM			8:00 PM Adult Ballet				

CLASS LEGEND (WITH CLASS LENGTH)



Equipment Pilates
55 minutes



Mat Pilates /
Barre
45 minutes



Little Stars
Ballet & Tap
55 minutes



Tiny Movers
45 minutes



Rising Star Minis
55 minutes



Rising Star Juniors
55 minutes



Rising Star Teens
55 minutes



Adult Dance
(Ballet & Jazz/Contemporary)
55 minutes

ALL DANCE, PILATES EQUIPMENT & ADULT DANCE CLASSES ARE 55 MINUTES
BARRE, PILATES MAT & TINY MOVERS CLASSES ARE 45 MINUTES



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www.inmotiondanceandpilates.com

WE CAN'T WAIT TO MOVE WITH YOU! 