

Friday, August 7, 2020

## Cross Move Lab Classes & Performance Opportunity

Company: Cross Move Lab  
Location: New York, NY

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Train and perform under the guidance of Cross Move Lab's Artistic Director Guanglei Hui this month.

New! Join Guanglei for class every Monday at 4pm in preparation for a performance showing on 8/31. Monday's Body Research Improvisation classes will be focused on performance techniques. Each dancer registered for Monday class will have the opportunity to perform a solo. Please note, dancers must commit to attending all Monday classes in order to take part (8/10, 8/17, 8/24, and 8/31).

Every Wednesday, Body Research Contemporary classes will be at 2:30pm for the rest of August. This class will focus on the principles of power, force, and weight and how they heavily affect the momentum of your movement.

### Class Details:

Body Research Improvisation and Performance Lab:

- Mondays from 4:00-5:00pm EST (NYC Time).
- Signup required for the whole series.

Body Research Contemporary Class:

- Wednesdays from 2:30-3:30pm EST (NYC Time).
- Classes can be drop-in or sign-up for the whole series.

Class Price: \$8 per class

Location: Zoom (login information sent out prior to class)

Register [Here](#)

Cross Move Lab  
New York, NY

For more information:  
Cross Move Lab  
[crossmovelab@gmail.com](mailto:crossmovelab@gmail.com)

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