

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:45 Conditioning	10:00-11:00 Gym - Cross Training	10:00-11:00 Beginner Ballet	10:00-11:00 Gym - Cross Training	10:00-12:00 Open Level Ballet
10:45-12:45 Open Ballet	11:00-1:00 Upper Level Ballet	11:15-12:45 Ballet A/B	10:00-11:00 Ballet A	12:00-1:00 Open Level Pointe
11:00-12:15 Ballet A	12:00-1:30 Ballet A/B	12:45-1:30 Beginner Pointe	11:30-1:30 Upper Level Ballet	1:00 Healthy Dancer/ Workshops/ Master Classes
12:15-12:45 Pre-Pointe/Beg. Pointe	1:30-2:30 Beginner Pointe	10:30-11:30 Cross Training	1:30-2:30 Upper Level Pointe	
12:45-1:45 Open Level Pointe	1:00-2:00 Upper Level Pointe	11:45-1:45 Open Ballet	2:30-3:15 Pirouettes	
1:45-2:00 Break	1:00-2:00 Beginner Ballet	1:45-2:45 Open Pointe	3:15-5:15 Competition Preparation	
2:00-3:00 Open Level Variations	2:00-2:15 Break	2:45-4:00 Theatre dance/ Performance		
3:00-4:00 Student Choreography	2:15-3:15 Pas de deux	4:00-4:15 Break		
		4:15-5:00 Hearing Music for Dance		
		5:00-6:00 Pre-k/Pre/Ballet		
		5:00-7:00 Contemporary		