



## Class Schedule 2019-2020

(Some new classes subject to change based on enrollment)

Updated: August 2019

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3
PP 4:30 – 6:00	B4 4:30 – 6:00		PP 4:30 – 6:00	B3 (PBT) 4:30 – 6:00	Parent & Me 5:00 – 5:45	PP (PBT) 4:30 – 5:30	B4 4:30 – 6:00	B1 4:15 – 5:15	PP 4:30 – 6:00	B3 4:30 – 6:00	Thurs CM 4:30 – 5:15	PP 4:00 – 5:30	B4 (PBT) 4:00 – 5:00	
Pointe 6:00 – 7:00	Pointe / Pre-Pointe 6:00 – 7:00	Adult Ballet 5:45 – 7:15	Pointe 6:00 – 7:00		Beginner Ballet 5:45 – 6:45	Technique 5:30 – 7:00	Pointe / Pre-Pointe 6:00 – 7:00	B2 5:15 – 6:15	Pointe 6:00 – 7:00		New Adult Ballet 6-week Workshop 5:45 – 6:45	Pointe 5:30 – 6:30	Technique 5:00 – 6:30	

- BEGINNER PROGRAMS -
Parent & Me Class (age 2-4)
Thurs OR Sat CM - Creative Movement (ages 3 – 5)
Sat PB - Pre-Ballet (ages 5 – 6)
Beginner Ballet (ages 10-14)
- STUDENT DIVISION -
B1 - Ballet 1 (ages 6 – 8) (meets 1X per week)
B2- Ballet 2 (ages 7 – 10) (meets 2X per week)
B3 - Ballet 3 (meets 3 X per week)
B4 - Ballet 4 (meets 4 X per week)
- PRE-PROFESSIONAL TRAINING PROGRAM -
PP - Pre-Professional (meets 6 X per week)
- OFFERINGS FOR ADULTS -
Pilates / Floor Barre
New Adult Ballet 6-week Workshops – Sept, Jan, June
Adult Ballet – drop-ins w/ basic ballet knowledge welcome

SATURDAY		
Studio 1	Studio 2	Studio 3
		Sat CM 9:30 – 10:15
Pilates / Floor Barre 10:30 – 11:30	B3 10:30 – 12:00	Sat PB 10:30 – 11:30
PP 12:00 – 1:30	B4 12:00 – 1:30	B2 11:30 – 12:30
Pointe 1:30 – 2:30	Pointe / Pre-Pointe 1:30 – 2:30	

\* (PBT) Progressing Ballet Technique is a new class to enhance training using stability balls to make dancers aware of posture, alignment, weight-placement and muscle memory. Students in levels B3, B4, PP will receive PBT once per week as part of their curriculum.