

Pre-Professional Morning Training Program

Monday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Tuesday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	PDD

Wednesday

10:15 – 12:15	Contemporary
12:15 – 1:45	Ballet

Thursday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Friday

10:15 – 11:15	Physical prep.
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Advanced Morning Training Program

Monday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Tuesday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	PDD

Wednesday

10:15 – 12:15	Contemporary
12:15 – 1:45	Ballet

Thursday

10:15 – 11:15	PBT
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Friday

10:15 – 11:15	Physical prep.
11:15 – 12:45	Ballet
12:45 – 1:45	Pointe

Pre-Professional Afternoon Program

Monday

5:00 – 6:30	Ballet
6:30 – 7:30	Pointe
7:30 – 8:30/9	Rep*

Tuesday

5:00 – 6:30	Ballet
6:30 – 7:30	Variations

Wednesday

5:00 – 6:00	PBT
6:00 – 7:30	Ballet
7:30 – 8:30	PDD

Thursday

5:00 – 6:30	Ballet
6:30 – 7:30	Pointe
7:30 – 8:30/9	Rep*

Friday

5:00 – 6:30	Ballet
6:30 – 7:30	Phys. Prep
7:30 – 8:30/9	Rep*

*TBA Nutcracker/performance rehearsals. Dancers will be notified if called.

Advanced Evening Program

Monday

5:00 – 6:30	Ballet
6:30 – 7:30	Pointe
7:30 – 8:30/9	Rep*

Tuesday

6:30 – 8:00	Ballet
8:00 – 9:00	Variations

Wednesday

5:00 – 6:30	Ballet
6:30 – 7:30	PDD
7:30 – 8:30/9	Rep*

Thursday

6:30 – 8:00	Ballet
8:00 – 9:00	Pointe

Friday

5:00 – 6:30	Ballet
6:30 – 7:30	Physical prep.
7:30 – 8:30/9	Rep*

*TBA Nutcracker/performance rehearsals. Dancers will be notified if called.

Intermediate Level (ages 6+)

5:00 – 6:30	Ballet (Tuesday and Thursday)
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