

MONDAY	Advanced	Intermediate	Adult Workshop
9:00 - 9:50	Conditioning/Warmup MICHELLE	Conditioning/Warmup MICHELLE	Conditioning/Warmup MICHELLE
10:00 - 11:30	Ballet Technique CEYHUN	Contemporary SHANNON	Ballet technique EMELIA
11:30 - 12:30	Pointe CEYHUN	Pointe or footwork/ theraband EMELIA	Contemporary/rep SHANNON
12:30 - 1:00	LUNCH	LUNCH	LUNCH
1:00 - 2:30	Contemporary SHANNON	Ballet technique EMELIA	
2:30 - 2:45	Break	Break	
2:45 - 3:30	Ballet repertoire/variations EMELIA	Ballet repertoire/variations CEYHUN	

TUESDAY	Advanced	Intermediate	Adult Workshop
9:00 - 10:30	Contemporary SHANNON	Ballet Technique CEYHUN	Ballet Technique EMELIA
10:30 - 11:30	Contemporary repertoire SHANNON	Pointe CEYHUN	Variations (prepointe) EMELIA
11:30 - 12:00	LUNCH	LUNCH	Stretch/recovery CEYHUN
12:00 - 1:30	Ballet Technique EMELIA	Contemporary SHANNON	
1:30 - 1:45	BREAK	BREAK	
1:45 - 2:30	Pointe EMELIA	Contemporary repertoire SHANNON	
2:30 - 3:30	Yoga/Stretch & Recover MICHELLE	Yoga/Stretch & Recover MICHELLE	

WEDNESDAY	Advanced	Intermediate
9:00 - 9:50	Conditioning/Warmup MICHELLE	Conditioning/Warmup MICHELLE
10:00 - 11:30	Ballet Technique EMELIA	Contemporary SHANNON
11:30 - 12:30	Pointe EMELIA	Pointe CEYHUN
12:30 - 1:00	LUNCH	LUNCH
1:00 - 2:30	Contemporary SHANNON	Ballet technique CEYHUN
2:30 - 2:45	Break	Break
2:45 - 3:30	Ballet repertoire/variations CEYHUN	Ballet repertoire/variations EMELIA

THURSDAY	Advanced	Intermediate	Adult Workshop
9:00 - 10:30	Contemporary SHANNON	Ballet Technique EMELIA	Ballet Technique CEYHUN
10:30 - 11:30	Contemporary repertoire SHANNON	Pointe EMELIA	Variations (prepointe) CEYHUN
11:30 - 12:00	LUNCH	LUNCH	Stretch/recovery EMELIA
12:00 - 1:30	Ballet Technique CEYHUN	Contemporary SHANNON	
1:30 - 1:45	BREAK	BREAK	
1:45 - 2:30	Pointe CEYHUN	Contemporary repertoire SHANNON	
2:30 - 3:30	Yoga/Stretch & Recover MICHELLE	Yoga/Stretch & Recover MICHELLE	

FRIDAY	Advanced	Intermediate
9:00 - 9:50	Conditioning/Warmup MICHELLE	Conditioning/Warmup MICHELLE
10:00 - 11:30	Ballet Technique EMELIA	Contemporary SHANNON
11:30 - 12:30	Pointe CEYHUN	Pointe EMELIA
12:30 - 1:00	LUNCH	LUNCH
1:00 - 2:30	Contemporary SHANNON	Ballet technique CEYHUN
2:30 - 2:45	Break	Break
2:45 - 3:30	Review repertoire/variations ALL	Review repertoire/variations ALL
3:30 - 4:00	In-studio Show! Invite family and friends.	In-studio Show! Invite family and friends