

Monday	Advanced	Intermediate	Adults
9:00 - 9:50	Conditioning/warmup MICHELLE	Conditioning/warmup MICHELLE	Conditioning/warmup MICHELLE
10:00 - 11:30	Ballet technique CEYHUN	Contemporary SHELBY	Ballet technique EMELIA
11:30 - 12:30	Pointe CEYHUN	Pointe or footwork/ theraband EMELIA	Contemporary/rep SHELBY
12:30 - 1:00	Lunch	Lunch	Lunch
1:00 - 2:30	Contemporary SHELBY	Ballet technique EMELIA	
2:30 - 2:45	Break	Break	
2:45 - 3:30	Ballet repertoire/variations EMELIA	Ballet repertoire/variations CEYHUN	

Tuesday	Advanced	Intermediate	Adults
9:00 - 10:30	Contemporary SHELBY	Ballet technique CEYHUN	Ballet technique EMELIA
10:30 - 11:30	Contemporary repertoire SHELBY	Pointe CEYHUN	Variations (prepointe) EMELIA
11:30 - 12:00	Lunch	Lunch	Stretch/recovery CEYHUN
12:00 - 1:30	Ballet Technique EMELIA	Contemporary SHELBY	
1:30 - 1:45	Break	Break	
1:45 - 2:30	Pointe EMELIA	Contemporary repertoire SHELBY	
2:30 - 3:30	Yoga/Stretch & Recover MICHELLE	Yoga/Stretch & Recover MICHELLE	

Wednesday	Advanced	Intermediate
9:00 - 10:00	Conditioning/warmup MICHELLE	Conditioning/warmup MICHELLE
10:00 - 11:30	Ballet technique EMELIA	Contemporary SHELBY
11:30 - 12:30	Pointe EMELIA	Pointe CEYHUN
12:30 - 1:00	Lunch	Lunch
1:00 - 2:30	Contemporary SHELBY	Ballet technique CEYHUN
2:30 - 2:45	Break	Break
2:45 - 3:30	Ballet repertoire/variations CEYHUN	Ballet repertoire/variations EMELIA

Thursday	Advanced	Intermediate	Adults
9:00 - 10:30	Contemporary SHELBY	Ballet technique EMELIA	Ballet technique CEYHUN
10:30 - 11:30	Contemporary repertoire SHELBY	Pointe EMELIA	Variations (prepointe) CEYHUN
11:30 - 12:00	Lunch	Lunch	Stretch/recover EMELIA
12:00 - 1:30	Ballet Technique CEYHUN	Contemporary SHELBY	
1:30 - 1:45	Break	Break	
1:45 - 2:30	Pointe CEYHUN	Contemporary repertoire SHELBY	
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 SHELBY
11:30 - 12:30	Pointe CEYHUN	Pointe EMELIA
12:30 - 1:00	Lunch	Lunch
1:00 - 2:30	Contemporary SHELBY	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	In-Studio show

