



AUGUST 2020

ADULT COURSE	PROFESSIONAL TRAINING
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Tick		MONDAY 10th	Tick		MONDAY 10th
10.00	10.15	Registration	9.45	10.00	Registration
10.15	11.15	Ballet Class (BREAK 15)	10.00	11.00	Yoga (BREAK 15)
11.30	12.30	Character/National Dance	11.15	12.15	Ballet Core (BREAK 15)
12.30	1.30	Observe Pointe Class	12.30	1.30	Pointe Class
1.30	2.15	Lunch	1.30	2.15	Lunch
			2.15	3.00	Hiit Bootcamp
Tick		TUESDAY 11th	Tick		TUESDAY th
10.15	11.15	Ballet Repertoire (BREAK 15)	10.00	11.00	Ballet Class (BREAK 15)
11.30	12.30	West End Jazz	11.15	12.15	Repertoire (BREAK 15)
12.30	1.30	Film Lunch	12.30	1.30	Stretch / Conditioning
1.30	2.15	Film	1.30	2.15	Lunch
2.15	3.00	Observe Solos	2.15	3.00	Solos - Rehearsal
Tick		WEDNESDAY 12th	Tick		WEDNESDAY 12th
10.15	11.15	Contemporary (BREAK 15)	10.00	11.00	Ballet Core (BREAK 15)
11.30	12.30	Burlex/Retro	11.15	12.15	Virtuosity (BREAK 15)
12.30	1.30	Lunch and Drinks	12.30	1.30	Contemporary
1.30	2.15	Costume Craft	1.30	2.15	Lunch
			2.15	3.00	Burlex
Tick		THURSDAY 13th	Tick		THURSDAY 13th
10.15	11.15	Barre & Stretch (BREAK 15)	10.00	11.00	Hiit Bootcamp (BREAK 15)
11.30	12.30	Hiit Bootcamp cardio	11.15	12.15	Ballet Stretch (BREAK 15)
12.30	1.30	Observe Ballet Rep	12.30	1.30	Repertoire (BREAK 15)
1.30	2.15	Lunch	1.30	2.15	Lunch
			2.15	3.00	Commercial Jazz
Tick		FRIDAY 14th	Tick		FRIDAY 14th
10.15	11.15	Multi Mix Dance Medley	10.00	11.00	Stretch / Conditioning
11.30	12.30	Salsa/Jazz/Ballet/Burlex/Retro	11.15	12.15	Costume Fittings
12.30	1.30	ObservBallet Class	12.30	1.30	Ballet Class
1.30	2.30	Lunch Buffet	1.30	2.30	Lunch Buffet
2.30	4.00	Professional Showcase	2.30	4.00	Public Showcase