

# Adult Ballet Summer Workshop

June 16—20, 2025

## Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00pm-6:30pm	<b>STRETCH</b> Focus: Demi-pointe	<b>STRETCH</b> Focus: Turnout & Hips	<b>STRETCH</b> Focus: Core	<b>STRETCH</b> Focus: Port de Bras	<b>STRETCH</b> Focus: Length & Lines
6:30pm-7:45pm	<b>Ballet Technique</b> Focus: Footwork	<b>Ballet Technique</b> Focus: Pirouettes	<b>Ballet Technique</b> Focus: Arabesque	<b>Ballet Technique</b> Focus: Petite Allegro	<b>Ballet Technique</b> Focus: Grand Allegro
7:45pm-8:30pm	Variation: Arpino Foundation	Choreography	Variation: Arpino Foundation	Choreography	Variation : Arpino Foundation
8:30pm-9:00pm	Pointe- Pre-Pointe	Partnering	Lyrical Ballet	Contemporary	Choreography Variation - Photos
9:00pm-9:20pm	Q & A Arpino Foundation	Q & A Ballet Resources	Q & A Ballet Today around the World	Q & A Music and Inspiration	

Complimentary Bottled Water, Juice, Fresh Fruit, and Granola Bars daily.  
Studio opens 15 minutes before the first class

**LOCATION:**  
2 Jenner Suite 180  
Irvine, CA 92618  
949-439-9402

[ElizabethMolakHuebner.com](http://ElizabethMolakHuebner.com)