

2026 Summer Intensive

Class Schedule - Upper Division – Week 2

DanceforLife RMS
10:30-11:30 am BBT

Adult Ballet Caroline Y.
9-10 am BBT

DanceforLife RMS
1:30-2:30 pm BBT

Schedule subject to changes
*Levels combined

MONDAY June 8	TUESDAY June 9	WEDNESDAY June 10	THURSDAY June 11	FRIDAY June 12	SATURDAY June 13
*Ballet Technique 10-11:30 am Caroline Young Studio C	*Ballet Technique 10-11:30 am Trent Montgomery BBT	Ballet Technique 10-11:30 am Caroline Young BBT	Ballet Technique 10-11:30 am Trent Montgomery BBT	Ballet Technique 10-11:30 am Trent Montgomery BBT	*Warm up Class 10:30-11:30 am Louisa Utley
Pointe 11:45 am-12:45 pm Meredith Zachritz BBT	Pointe 11:45 am-12:45 pm Caroline Young BBT	*Modern 11:45 am-12:45 pm Trent Montgomery BBT	Pointe 11:45 am-12:45 pm Meredith Zachritz BBT	*Yoga 11:45 am-12:45 pm Caroline Young BBT	Rehearsal 11:30 am-12:30 pm
Lunch 12:45-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:15-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:30-1:15 pm
*Variation 1:45-2:45 pm Meredith Zachritz BBT	*PBT 1:45-2:45 pm Trent Montgomery BBT	*Jazz 1:45-2:45 pm Brian Earles BBT	*Pilates 1:45-2:45 pm Trent Montgomery Studio C	*Hip Hop 1:45-2:45 pm Todd Belin BBT	Rehearsal 1:15-2:30 pm
*Pilates 3-4 pm Olya Tryndyak BBT	*Character Dance 3-4 pm Olya Tryndyak BBT	Rehearsal 3-4 pm	*Dancscend Mental Wellness 3-3:30 pm Rebecca Miller Stalcup BBT	Rehearsal 3-5 pm	SI Showcase 3 pm FAMILIES INVITED
Rehearsal 4:15-5 pm	Rehearsal 4:15-5 pm	PARENTS INVITED to join us for Gyrokinesis! Trent Montgomery 4:15-5 pm	Rehearsal 3:30-5 pm		

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Class Schedule – Progressive Division – Week 2

schedule, class, instructor - subject to changes

MONDAY June 8	TUESDAY June 9	WEDNESDAY June 10	THURSDAY June 11	FRIDAY June 12	SATURDAY June 13
*Ballet Technique 10-11:30 am Caroline Young Studio C	*Ballet Technique 10-11:30 am Trent Montgomery BBT	Ballet Technique 10-11:30 am Trent Montgomery Studio C	Ballet Technique 10-11:30 am Caroline Young Studio C	Ballet Technique 10-11:30 am Olya Tryndyak Studio C	*Warm up Class 10:30-11:30 am Louisa Utley BBT
Pointe 11:45 am-12:45 pm Caroline Young Studio C	Pointe/PrePointe 11:45 am-12:45 pm Olya Tryndyak Studio C	*Modern 11:45 am-12:45 pm Trent Montgomery BBT	Pointe/ Pre Pointe 11:45 am-12:45 pm Trent Montgomery Studio C	*Yoga 11:45 am-12:45 pm Caroline Young BBT	Rehearsal 11:30 am-12:30 pm BBT
Lunch 12:45-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:15-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:45-1:45 pm	Lunch 12:30-1:15 pm
*Variation 1:45-2:45 pm Meredith Zachritz BBT	*PBT 1:45-2:45 pm Trent Montgomery BBT	*Jazz 1:45-2:45 pm Brian Earles BBT	*Pilates 1:45-2:45 pm Trent Montgomery Studio C	*Hip Hop 1:45-2:45 pm Todd Belin BBT	Rehearsal 1:15-2:30 pm
*Pilates 3-4 pm Olya Tryndyak BBT	*Character Dance 3-4 pm Olya Tryndyak BBT	Rehearsal 3-4 pm	*Dancend Mental Wellness 3-3:30 pm Rebecca Miller Stalcup BBT	Rehearsal 3-4 pm	SI Showcase 3 pm FAMILIES INVITED
Rehearsal 4:15-5 pm	Rehearsal 4:15-5 pm	PARENTS INVITED to join us for Gyrokinesis! Trent Montgomery 4:15-5 pm	Rehearsal 3:30-5 pm		

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Class Schedule - Junior Division – Week 2- June 8-13

MONDAY June 8	TUESDAY June 9	WEDNESDAY June 10	THURSDAY June 11	FRIDAY June 12	SATURDAY June 13
Ballet Technique 10-11 am Trent Montgomery Studio B	Ballet Technique 10-11:15 am Olya Tryndyak Studio B	Ballet Technique 10-11 am Olya Tryndyak Studio B	Ballet Technique 10-11 am Olya Tryndyak Studio B	Ballet Technique 10-11:15 am Caroline Young Studio B	
Character Dance 11:15 am-12 pm Olya Tryndyak Studio B	Variation 11:30 am-12 pm Trent Montgomery Studio B	Limbering 11:15 am-12 pm Olya Tryndyak Studio B	Tap 11:15 am-12 pm Rebecca Miller Stalcup Studio B	Beginning Modern 11:30 am-12 pm Trent Montgomery Studio B	
Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:45 pm	
Variation 12:30-1:15 pm Rebecca Miller Stalcup Studio B	Jumps & Turns 12:30-1:15 pm Trent Montgomery Studio B	Yoga 12:30-1:15 pm Caroline Young Studio B	Variations 12:30-1:15 pm Caroline Young Studio B	Hip Hop 12:30-1 pm Todd Belin Studio B	
Beginning Modern 1:30-2 pm Trent Montgomery Studio B	Yoga 1:30-2 pm Caroline Young Studio B	Variation 1:30-2 pm Trent Montgomery Studio B	Jazz 1:30-2 pm Rebecca Miller Stalcup Studio B	Rehearsal 1-2 pm	
				SI Showcase 2 pm FAMILIES INVITED	

schedule, class, instructor - subject to changes

2026 Summer Intensive

Class Schedule – Youth Division (age 5-6) – Week 2

MONDAY June 8	TUESDAY June 9	WEDNESDAY June 10	THURSDAY June 11	FRIDAY June 12	SATURDAY June 13
Ballet Technique 10-11 am Trent Montgomery Studio B	Ballet Technique 10-11:15 am Olya Tryndyak Studio B	Ballet Technique 10-11 am Olya Tryndyak Studio B	Ballet Technique 10-11 am Olya Tryndyak Studio B	Ballet Technique 10-11:15 am Caroline Young Studio B	
Character Dance 11:15 am-12 pm Olya Tryndyak Studio B	Variation 11:30 am-12 pm Trent Montgomery Studio B	Limbering 11:15 am-12 pm Olya Tryndyak Studio B	Tap 11:15 am-12 pm Rebecca Miller Stalcup Studio B	Beginning Modern 11:30 am-12 pm Trent Montgomery Studio B	
Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:30 pm	Lunch 12-12:45 pm	
Variation 12:30-1:15 pm Rebecca Miller Stalcup Studio B	Jumps & Turns 12:30-1:15 pm Trent Montgomery Studio B	Yoga 12:30-1:15 pm Caroline Young Studio B	Variations 12:30-1:15 pm Caroline Young Studio B	Hip Hop 12:30-1 pm Todd Belin Studio B	
				Rehearsal 1-2 pm	
				SI Showcase 2 pm	
				FAMILIES INVITED	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

schedule, class, instructor - subject to changes