

Summer training classes 2024 (June 3-July 26)

Monday	Tuesday	Wednesday	Thursdays
	9:00-10:00 pool conditioning	9:00-10:00 pool conditioning	9:00-10:00 outdoor running & lap swimming conditioning
10:00-11:30 Summer Overtures morning ballet/tap	10:00-11:30 Ballet III & IV	10:00-11:30 Ballet III & IV & variations ballet II	10:00-11:30 Ballet II Ballet III & IV
	10:30-11:30 Summer Pre-dance/pre-dance I ballet/tap (6-8)	10:30-11:30 mini acro	11:30-12:00 Pointe II pointe I
	11:30-12:00 Pointe	11:30-12:30 Beginner acro	12:00-1:00 Advance leaps/turns/Technique Intermediate Jazz
	12:30-1:30 Advance Technique Intermediat Technique	12:30-1:30 Dance theory/termonolgy/history	1:30-2:30 Advance Jazz Intermediat leaps/turns/Technique
	1:30-2:30 Beginner Lyrical Dance composition	1:30-2:30 Intermediate acro jazz I	2:30-3:30 Conditioning
2:00-4:00 outside workout followed by pool conditioning	2:30-3:30 Beginner contemporary	2:30-3:30 Advanced acro	3:30-4:30 Stretch
4:00-5:00 inter/adv contemporary beginner tap & tap I (8 and older)	Lyrical 3:30-4:30 Break out class	3:30-4:30 Advance contemporary Intermediate Contemporary	4:00-5:00 overtures I & II jazz/tap/hiphop (4-7) Beginner jazz
5:00-6:00 summer pre-dance/pre-dance I ballet/tap (ages 6-8) modern overture I ballet/tap (4-6)	4:30-5:30 Ballet II Advanced hiphop	4:30-5:30 Drill team prep inter/adv tap Beginner leaps/turns/technique	5:00-6:30 Ballet I
6:00-7:30 intermediate leaps/turns/technique ballet III & IV	5:30-6:30 Beginner ballet Intemediate hiphop	4:30-5:30 supmmer overture ballet/tap (3-5) improv	5:00-6:00 Musical theatre Summer overtures jazz/hiphop (ages 3-5)
7:30-8:00 Pointe Pointe Prep	Overtures II ballet/technique 6:30-7:30 beginner hiphop/hiphop I (8 and older)	5:30-6:30 choreography workshop pre-dance II jazz/tap	6:00-7:00 Kpop dance
8:00-9:00 advanced leaps/turns/technique	6:30-8:00 Pre-dance II ballet/technique	6:30-7:30 pre-dance/pre-dance I jazz/hiphop (6-8) tap II	6:30-7:30 leaps/turns/technique I
8:00-9:30 ballet II	7:30-8:30 adult fusion (18 and older)	7:30-8:30 Adult tap Stretch & Conditioning	7:30-8:30 adult ballet (18 and older)