## Arts Ballet Academy - Proposed Schedule 2016-2017 September Through May Academic Year Classes



					1100	9 Warwick Boulev	vard, Newport Nev	vs, VA 23601 w	ww.artsballet.con	n 757-504-44	50 artsballet@	gmail.com Emi	ly Hill, Artistic Dire	ctor				,	ACADEM	7					
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY		SUNDAY		
STUDIO A 8:00 8:15	STUDIO B	UP-C	Pink Room	STUDIO A	STUDIO B	UP - C	Pink Room	STUDIO A	STUDIO B	UP-C	Pink Room	STUDIO A	STUDIO B	UP - C	Pink Room	STUDIO A	STUDIO B	UP - C	Pink Room	STUDIO A STUDI	OB UP - B 8:00	STUDIO A	STUDIO B	UP - B	
8:30 8:45 9:00																									
9:35 9:30 9:45 10:00 9:30-11:00 Adult Intermediat						#	9:30-10:45 AM			9:30-11:00 AM									9:15-11:30 9:15-11: Advanced Ballet Interme	9:15-11:30					
10:15 Adult Intermediat 10:30 NIA 10:45								Yoga Beate				Adult NIA		12:00-t:15 Kundalini Yoga						Advanced Ballet Intermediate Levels 5-6 Ballet Level 4		BLOCK 4 10 12 Reserved for Ballet		BLOCK 4 10- 12 Reserved	
11:15 11:30 11:45																				11:30-12:00	Lunch	Program	Indian Dance		
12:00 12:15 12:30 12:45															Reserved for					12:00-1:15	ng 12:00-1:15	BLOCK 5 12 1:30 Reserved for Ballet	Traveti	BLOCK 5 12- 1:30 Reserved for Ballet	
1:15 1:30 1:45		:00-2:15 Kundalini Yoga											arrival & story 1:00-1:50 Storybook Ballet Ages 3-4		Young Dancers					end at 1:15 afte	stretching	Program  BLOCK 6		Program	
2:00 2:15 2:30 2:45																				BLOCK 1 1:30-3:30 Reserved for Rehearsals Classical/Contemporary Ballet Program	1:30-3:30 Reserved for Ballet Program		BLOCK 6 1:30 3:30 Reserved for Ballet Program		
3:35 3:30 3:45 Reserved for Private Lessons				sic 2A/B							Reserved for Creative Music Classes and Private Lessons		arrival & story 3:30-4:20 Storybook Ballet		Reserved for Young Dancers	3:00-4:00 Modern E Tech (-14+) levels 5-6 4:00-4:30 Modern D	3:30-4 Modern <b>D</b>		Reserved for Creative Music Classes and Private Lessons					BLOCK 7 3:30	
4:15 4:15-5:00 4:30 Intermediate/Adv. 4:45 nced Pilates	4:30-6:00 Elementary	Reserved for Private Lessons			rn ss	7:00-8:20 Intermediate		4:30-5:45 Adv Beginner Ballet 2A/B	Ages 10+	5:30-6:30 C Modern A, Level 1, Ages 7-10 6:30-7:15 Int/Adv Jazz (3- 5) 7:15-8:15 Int/Adv		4:30-545 Adv Beginner Ballet 2a/b Stretch/Water 6:00-6:45 Ballet a sib REPERTOIRE 7:00-8:30 Ballet Align, Technique, and Pointe 5/6	Ages 3-4 arrival & story 4:30-5:30 Pre- Ballet A 5 & 6s 5:30-6:30 Pre-	4:30-5:45 Intermediate Ballet 3 a/b 5:45-6:45 Ballet 3 Stretch & REPERTOIRE			(~10+) (3b-5) n 4-4:30 Modern E choreo	Reserved for		BLOCK 2 3:30-5:30 Reserved for Rehearsa Classical/Contemporary Ballet Program		3:30-5:00 Reserved for Ballet Program		5:00 Reserved for Ballet Program	
5:00 5:15 5:30 5:45 Advanced Ballet	Musical Theater; Jazz/Tap/Acting/P erforming Ages 6-10	5:00-7:00 Intermediate															ontemporary Rep (Modern D/E)								
6:00 Technique 5/6, 6:15 Pointe, Pilates 6:30	Ballet 4 Pointe	Ballet Technique 4	Reserved for Creative Music Classes and Private Lessons					5:45-6:45 Modern B Ages 8-12, 2-3s					Ballet B 6 & 7s			Reserved for Ballet Program Rehearsals	Reserved for Ballet Program Rehearsals			BLOCK 3 5:30-7:00 Reserved for Rehearsals Classical/Contemporary Ballet Program		3			
7:00 7:00-8:00 7:15 VARIATION & 7:30 REPERTOIRE 4/5/6	7:00-8:00 VARIATION & REPERTOIRE 4							7:00 - 8:30 Adult Intermediate Ballet/Modern Class																	
7:45 Various  8:00 Reserved extra ca 8:15 Rehearsal 8:30	Reserved extra call Rehearsal	7:30-8:45 Kundalini Yoga				Ballet 3 a/b				Tap (Levels 3-5)											8:00				
8:45		Reserved for Atma																							