ArtsBalletProposedSchedule2019-2020

		MONDAY			TUESDAY		WEDNESDAY			THURSDAY			FRIDAY					SATURDA		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C		STUDIO A	STUDIO B	STU	DIO C
7:00																			7	200
7:15																				
7:30																				
7:45																	_		8	800
8:15																	-		-	
8:30										-		-					-			
8:45																	STUDIO OPENS at 8:30 AM Arrival for class by 8:45			
9:00	9:30-11 Adult Intermediate NIA Mrs. Jones											Preschool Storytime and Puzzles/Coloring for Storybook Class for NIA 10-11 Storybook Ballet	9:30-11 Essentrics T. Ferguson					9-10 am Pre-	9-11:30 Advanced Intermediate-Beg	
9:15										9:30-11:00 AM Adult NIA Mrs.						-	9-11:30 Advanced Ballet Levels 5-6 (4b	Ballet A ages 4.5-6.5 Hrinda (Sub Strunk)		
9:30																-				
10:00																				
10:15											-					1	by invitation) Balestracci/Hill/McKin		Advanced Ballet 3c- 4a-4b Jones (sub	
10:30	massence									Jones		Ages 3-4.5 Strunk	-			1	ley	10-11:30 Beg. Intermed. Ballet	McKinley)	
10:45			L	L		L							L					3a/3b (2B optional) Hrinda		
11:00																4				
11:15																4				
11:45																+		11:30-12:00	Break/Lunch	
12:00																1				
12:15											Preschool Lunch Bunch for Storybook Class					1	Advanced Pointe,	Intermediate 4 REP/Pointe (Required for Performing)	Beg Pointe 3/4/ REP Pr Required	Pre-Pointe 2a elective
12:30											for Storybook Class	12:00-1:15 Kundalini Yoga Atma Khalsa				-	riation, Repertoire 5-6 Required			3a required
12:45												Toga Atria Kriaisa	***Note: If you wish	to take Friday classes b	ut can't arrive in time	1				
1:00	What is Core Align &										12:40-1:30 Storybook Ballet Ages 3-4.5			after school: but could if the class moved by 15 email artsballet@gmail.com so we can provide greatest number of students. Ti			All levels 1-1:15 STRETCH CLASSES by Room, CORE dancers required to stay, rec			to stay, recommended
1:15	Conditioning?										Strunk		greate:				to all			
1:30	PBT																			
2:00	Pilates														Addit Essentrics		_			
2:15	Yoga Therabands														Friday Class: We are forming a class,		-			
2:30	Essentrics					·			+	'	it				please let us know if		-			
2:45	Physical Therapy														you are interested in a Friday Adult		-			
3:00	Perfect Pointe												3:00-3:30 Core Align		Essentrics with Tracey Ferguson and		1			
3:15	Stretching										Arrival		& Conditioning 3*,4,5 Prog. Ballet Tech. Hill		any time					
3:30	Arrival 3:30					3:15/3:30 - 5:00									considerations. Thank you!					
3:45						Advanced Ballet 5-6 & Pointe			4:00-4:45 Preschool		3:30-4:20 Storybook Ballet Ages 3-4.5		3:30-5 Advanced							
4:00	3:45 - 5:30 Advanced Ballet 5-6 & Pointe McKinley					Balestracci/Hill (4b			Jazz, Tap, and Acting		Strunk		Ballet 4b-5-6 (required as 4th day)	Beginning/Int Conditioning and	4/4:15-5:00 Int Kaleidoscope		Reserved fc	r Workshops, Chreography, Rehearsals Ballet Program		
4:15 4:30				Arrival for Ballet 2	and Core Alignment	by invitation only as a 5th day)		4:15 - 5:00 Creative Dance Pre-Modern	(early Musical Theater) for ages 3-5	Arrival			Hill	Flexibility for ages 7-12 Beginners - 4 or 4:15-5:00	Conditioning & Flexibility Various 3b- 3C-4a		-			
4:45		4:30-5:30 (Story at 4: 15) Pre-Ballet A	4:30-5:30 Musical Theater Jazz/Tap,				4:15 - 6:00 Beginning Ballet 1A Ages 7-8	Elective (Ages 6-8) Strunk	Starts October 2 Crocker								-			
5:00		Kindergarten Age 5	Acting, and Rep for	4:30-6:30 Advanced Beginning Ballet 2B	4:30-6:30 Advanced Beginning Ballet 2A	5-6 pm Lev 4-6 Teen	for students taking one ballet class per	Struit	4:45-6:00 Musical	4:30-6:30 Advanced Beginning Ballet 2A	4:30-6:30 Advanced Beginning Ballet 2B						-			
5:15		turning 6 Hrinda	ages 5.5-8		McKinley	Improv and	week Hrinda (pre-	5-6 pm, Pre-Ballet B	Theater Dance,	McKinley	Strunk		5:00-6:00 Advanced	5:00-6:00 Beginning Dance Electives Level	5:00-6:00 Intermediate Dance		1			
5:30						Choreography Lab / Contemporary Core	modern Strunk)	1st Grade Age 6 turning 7 Strunk	Acting, and Repertoire for ages 9				Dance Electives Various Instructors	1-2 or Musical Theater	Electives Various					
5:45			5:30-7:00	Modern/Contemporary	Modern/Contemporary	Ages 13-18 Hill/Jones		0	12 Crocker/Hill					9-12 class	instructors					
6:00	5:30-7:00 Modern/ Contemporary E	5:30-7:00 Beginning Intermediate Ballet	Intermediate 3b/c en pointe barre	B 8+ McKinley (5:45-6: 00)	Modern/Contemporary B 8+ Strunk (5:45-6:00)	6-7 pmLev 4-6 Teen		6-7:15 Beginning		Repertoire 2A McKinley	Repertoire 2B Strunk	incontect Jones					4			
6:15	(Advanced) Jones	3A Hrinda	McKinley	6:30-8:30 Intermediate 3b/c (a) ballet Technique McKinley Adult Ballet	7:00-8:30 Adult Intermediate Ballet Jones Beginning Pointe McKinley	Modern/Movement Studies Int-Adv Ages 13-18 Contemporary Core Jones/Strunk Kundalini Yoga Atma Khalsa	6:00-8:00 Beginning Intermediate Ballet 3A Hrinda Pre-Pointe Hrinda	7:15-8:30 Adult Starts October 2 L. Nichols 7:15-8:30 Adult Beginning Ballet Starts October 2 L. Nichols	Level 1B arrival 6:15		6:30-8:00 Beginning Ballet & Modern A ages 7-10 1B Strunk	6:30-8:00 Advanced					_			
6:30									6:30-8:00 Beginning Ballet & Repertoire ages 7-10 1B Strunk				Reserved for Company Rehearsals & Special Events/Master Classes							
7:00										6:30-8:00 Advanced							+		7	7:00
7:15		7:00-8:00 Modern/Contempora	7:00-8:30 Advanced Intermediate 4a en pointe barre McKinley							Intermediate 4b McKinley 8:00-8:30 Intermediate Pointe McKinley		Intermediate 4a Jones								
7:30	7:00-8:30 Advanced Intermediate 4b en pointe barre Hrinda	ry C (Beginning Intermediate) Jones 8:00-8:30 mod D Intermediate extension Jones										8:00-8:30 Beginning Pointe Jones								
7:45																				
8:00																			8	800
8:15													-							
8:30	MONDAY	MONDAY	MONDAY	TUESDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY	THURSDAY	-							
	MUNDAT	monoAl	MONDAT	10LJDA1	ISESDAI	TOESDAT	WEDNESDAT	WEDNESDAY	TAFEDNESDAT	INUKSDAT	INUKSDAT	LINUKSDAT						1	L	