

ArtsBalletProposedSchedule2019-2020

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY				
	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	STUDIO C		
7:00																		7:00		
7:15																				
7:30																				
7:45																				
8:00																		8:00		
8:15																				
8:30																				
8:45																				
9:00																		STUDIO OPENS at 8:30 AM Arrival for class by 8:45		
9:15																				
9:30	9:30-11 Adult Intermediate NIA Mrs. Jones									9:30-11:00 AM Adult NIA Mrs. Jones			Preschool Storytime and Puzzles/Coloring for Storybook Class for NIA			9:30-11 Essentrics T. Ferguson		9-11:30 Advanced Ballet Levels 5-6 (4b by invitation) Balestracci/Hill/McKinley	9-10 am Ballet A 4-5-6-5 Hirinda (Sub Strunk)	9-11:30 Advanced Intermediate-Beg Advanced Ballet 3c-4a-4b Jones (sub McKinley)
9:45																				
10:00																				
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12:15																				
12:30																				
12:45																				
1:00	What is Core Align & Conditioning?																			
1:15																				
1:30	PBT																			
1:45	Pilates																			
2:00	Yoga																			
2:15	Therabands																			
2:30	Essentrics																			
2:45	Physical Therapy																			
3:00	Perfect Pointe																			
3:15	Stretching																			
3:30	Arrival 3:30																			
3:45																				
4:00																				
4:15	3:45 - 5:30 Advanced Ballet 5-6 & Pointe McKinley			Arrival for Ballet 2 and Core Alignment																
4:30																				
4:45																				
5:00																				
5:15																				
5:30																				
5:45																				
6:00	5:30-7:00 Modern/Contemporary E (Advanced) Jones																			
6:15																				
6:30																				
6:45																				
7:00																				
7:15																				
7:30	7:00-8:30 Advanced Intermediate 4b en pointe barre Hirinda																			
7:45																				
8:00																				
8:15																				
8:30																				
8:45	MONDAY	MONDAY	MONDAY	TUESDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY	THURSDAY								