

Level 7/8 summer intensive 2025 schedule

June 9-27

July 14-August 1

Mondays

- 9:30-10:30 yoga
- 10:30-12:30 ballet w/ Mr. Brad
- 12:30-1:30 pointe w/ Mr. Brad
- 1:30-3 lunch
- 3-4 tendu toning

Tuesdays

- 9:30-10:30 contemporary
- 10:30-12:30 ballet w/ guest teacher
- 12:30-1:30 variations w/ guest teacher
- 1:30-3 lunch
- 3-4 tendu toning

Wednesdays

- 10:30-12:30 ballet w/ Ms. Rachel
- 12:30-1:30 pointe w/ Ms. Rachel
- 1:30-3 lunch
- 3-4 pilates and stretching
- 4-5 weight training at gym w/ Terry

Thursdays

- 9:30-10:30 stretching
- 10:30-12:30 ballet w/ guest teacher
- 12:30-1:30 partnering with guest teacher & Brad
- 1:30-3 lunch
- 3-4 tendu toning

Fridays

- 9:30-10:30 contemporary
- 10:30-12:30 ballet w/ Ms. Rachel
- 12:30-1:30 pointe w/ Ms. Rachel
- 1:30-3 lunch
- 3-4 tendu toning