

THE BALLET ACADEMY

Excellence in Classical and Contemporary Dance



Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
Ballet 2/3/4 5:00-6:15	Fitness Barre 5:15-6:15																
Modern 2/3 6:15-7:30	Ballet Basics (3 weeks) 6:30-7:30																
Adult Ballet 7:30-8:30	Core Strength 7:30-8:15																

Introductory Series

Ballet Technique

Modern Technique

Fitness

Modern 1 (6 week)
10:15-11:15

Fitness Barre
11:15-12:15

COYB Company Warmup

Pre/Beg Pointe