

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 3/4 5:00-6:15	Fitness Barre 5:15-6:15		Modern 2 5:00-6:00	Ballet 1 5:00-6:00	Creative 5:30-6:00	Ballet 3/4 5:00-6:15			Ballet 2 5:00-6:15	Dance Concepts 5:00-5:45							
Modern 2/3 6:15-7:30	Adult Ballet 6:15-7:30		Modern 1 6:00-7:00	Beg Pointe 6:15-7:00	Intro 6:15-7:00	Men's 6:15-6:45			Ballet 3/4 6:15-7:30	Ballet 1 5:45-6:45	Creative 6:00-6:30						
	Core Strength 7:45-8:30			Ballet 2 7:00-8:15		Pointe 1/2 6:45-7:30			Modern 3 7:30-8:45	Barre Above Fitness 7:45-8:45							
															COYB Company Warmup		

Introductory Series
 Ballet/Pointe Technique
 Modern Technique
 Fitness