



**SUMMER TECHNICAL INTENSIVE SCHEDULE
JULY 23RD – AUGUST 8TH (TUES-THURS)**

TUESDAY 7/23, 7/30 & 8/6

TIME	AGE 12+	AGE 8-11	AGE 5-7 (45 MINUTE CLASSES)	30 MINUTE CLASSES
12:00PM-1:00PM	BLOCKS/BANDS	BLOCKS/BANDS	12:00-12:45PM BLOCKS/BANDS	11:30AM-12:00PM AGE 3-4 TUMBLE
1:00PM- 2:00PM	BALLET	BALLET	12:45-1:30PM BALLET	12:00-12:30PM AGE 3-4 BALLET
2:00PM-3:00PM	BALANCE/TURNS	BALANCE/TURNS	1:30-1:45PM LUNCH BREAK	12:30-1:00PM CREATIVE MOVEMENT (AGE 2-3)
3:00PM-4:00PM	LEAPS/JUMPS	LEAPS/JUMPS	1:45-2:30PM BALANCE/TURNS	-
	-	-	2:30-3:15PM LEAPS/JUMPS	-

WEDNESDAY 7/24, 7/31 & 8/7

TIME	AGE 12+	AGE 8-11	AGE 5-7 (45 MINUTE CLASSES)
11:00AM-12:00PM	9+ TAP (7/31 ONLY)	8 & UNDER TAP (7/24) & 9+ TAP (7/31)	8 & UNDER TAP (7/24 ONLY)
12:00PM-1:00PM	FLEXIBILITY	FLEXIBILITY	12:00-12:45PM ACRO TUMBLING
1:00PM- 2:00PM	ACRO TUMBLING	STRENGTH/CONDITIONING	12:45-1:30PM FLEXIBILITY
2:00PM-3:00PM	HIP HOP	ACRO TUMBLING	1:30-1:45PM LUNCH BREAK
3:00PM-4:00PM	HIP HOP(CONTINUED)	HIP HOP	1:45-2:30PM HIP HOP
	-	-	2:30-3:15PM STRENGTH/CONDITIONING

THURSDAY 7/25, 8/1 & 8/8

TIME	AGE 12+	AGE 9-11	AGE 5-7 (45 MINUTE CLASSES)
12:00PM-1:00PM	BALLET CENTER	BLOCKS/BANDS	12:00-12:45PM BLOCKS/BANDS
1:00PM- 2:00PM	BALLET BARRE	BALLET BARRE	12:45-1:30PM BALLET
2:00PM-3:00PM	CONTEMPORARY	BALLET CENTER	1:30-1:45PM LUNCH BREAK
3:00PM-4:00PM	IMPROV	IMPROV	1:45-2:30PM JAZZ
	-	-	2:30-3:15PM IMPROV