Monday
9:15-10:15 am: Men’s Conditioning
10:30 am-12 pm: Ladies Technique
10:30 am-12 pm: Men’s Technique
12-1 pm: Men’s Variations
1:30-3 pm: Men’s private coaching
1:30-3 pm: Ladies Pointe/Variations
3-4 pm: Artistic Inquiry

Tuesday
9-10:15 am: Floor Barre
10:30 am-12 pm: Ladies Technique
10:30 am-12 pm: Men’s Technique
12-1 pm: Ladies Pointe/Variations
12-1:30 pm: Men’s private coaching
1:30-3 pm: Men’s Variations
1:30-3 pm: Ladies private coaching
3-4 pm: Cunningham Technique

Wednesday
9:15-10:15 am: Men’s Conditioning
10:30 am-12 pm: Ladies Technique
10:30 am-12 pm: Men’s Technique
12-1 pm: Men’s Variations
1-2 pm: Ladies Pointe/Variations
2-4 pm: Repertoire/Rehearsal

Thursday
9:15-10:15 am: Ladies Strength conditioning
10:30 am-12 pm: Ladies Technique
10:30 am-12 pm: Men’s Technique
12-1 pm: Ladies Pointe/Variations
12-1 pm: Men’s Variations
1:30-3 pm: Ladies Private coaching
3-4 pm: Cunningham Technique

Friday
9:15-10:15 am: Yoga
10:30 am-12 pm: Combined Technique
1-2:30 pm: Pas de Deux
2:30-4 pm: Contemporary

Saturday
10 am-12:30 pm: Technique & Stretch