

# 2021-22 Dance Academy Schedule

## Monday

9:15-10:15 am: Men's Conditioning  
10:30 am-12 pm: Ladies Technique  
10:30am-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