

## July 2018 - Ballet Intensive-Intermediate

Monday, 7/9

9-10:30 Ballet Tech Michael

10:30-11 Vaganova Ports de Bras, Terminology/Positions-Michael

11-11:30 Break

11:30-12:30 Contemporary - Derek

12:30-1 Stretch/conditioning- Kristine

Tuesday, 7/10

9-10:30 Ballet Tech Sage

10:30-11:15 Pre-Pointe Sage

11:15-11-45Break

11:45-1 Variations - Sage

Wednesday, 7/11

9-10:30 Ballet Tech Michael

10; 30-11:30 contemporary Derek

11:30-12 Break

12-1 variations - Michael

Thursday, 7/12

9-10:30 Ballet Tech-TBD

10:30-11:15 Pre-Pointe Pointe-TBD

11:15-11:45 Break

11:45 -12:30 Classical Repertory, review terminology/positions- Michael

12:30-1 Stretch/conditioning- combined- Kristine

Friday, 7/13

9-10:30 Ballet Tech TBD

10:30-11: Pre-Pointe/Pointe TBD

11:00-11:30 Break

11:30-12 Stretch /conditioning- Derek

12:00-1 In Studio showcase-variations and combinations from areas of study-Michael/Kristine (combined)