



2024-2025 SCHEDULE

Where the beauty of the Vaganova method inspires a new generation of dancers.

	Monday	Tuesday	Wednesday	Thursday	Saturday
Pre-Ballet I					Pre-Ballet I 9:30-10:15 Tap & Jazz 10:15-10:45
Pre-Ballet II		Pre-Ballet II 4:15-5:00 Rehearsal 5:00-6:30	Pre-Ballet II 4:15-5:00 Contemporary PB II 5:00-5:45		Pre-Ballet II 10:15-11:00 Stretch for PB II 11:00-11:15
Pre-Ballet III		Pre-Ballet III 4:15-5:00 Rehearsal 5:00-6:30	Pre-Ballet III 5:00-5:45 Contemporary PB III 5:45-6:15	Pre-Ballet III 5:30-6:15 Stretch for PB III 6:15-6:30	
Ballet I	Ballet I 4:15-5:30 Contemporary B I 5:30-6:15	Rehearsal 5:00-6:30	Ballet I 5:45-7:00	Ballet I 4:15-5:30	Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00
Ballet II	Contemporary B II 4:30-5:30 Ballet II 5:30-7:00	Rehearsal 5:00-6:30 Ballet II 6:30-8:00 Pointe 8:00-8:30		Ballet II 6:30-8:00 Pointe 8:00-8:30	Ballet II 11:15-12:45 Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00
Adult	Adult Contemporary 6:15-7:00 Adult Ballet 7:00-8:30 Adult Rehearsal 8:30-9:15		Adult Ballet (best for beginners) 7:00-8:30 Adult Rehearsal 8:30-9:15	Adult Ballet 10:30am-12:00pm	Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00 Adult Ballet 3:00-4:30 Adult Pointe 4:45-5:15