

# THE BALLET LAB

## MINI INTENSIVE ( Ages 5-9)

**4:30pm-5:30pm:** Ballet Technique

**5:30pm-6:30pm:** Ballet Variations

**6:30pm-7:30pm:** Contemporary Choreography

## FULL INTENSIVE ( Ages 10-18)

**8:30am-9:00am:** Drop Off

**9:00am-10:30am:** Ballet Technique

**10:30am-11:15am:** Pointe or Pre- Pointe

**11:15am-12:15pm:** Conditioning or JOGA (yoga for athletes)

**12:15pm-1:15pm:** Lunch

**1:15pm-2:00pm:** Ballet Variations

**2:00pm-3:00pm:** ACE Dance Theatre Contemporary Repertoire

**3:00pm-4:00pm:** Contemporary Improvisation

**4:00pm-4:30pm:** Pick Up

\* This is an overview schedule based on previous Ballet Labs. The schedule will vary day to day due to Guest Teachers. Schedule is subject to change.