

WINTER 2025 SCHEDULE - EVENING & WEEKEND PROGRAM - SCHOOL OF ATLANTIC BALLET

	Monday			Tuesday			Wednesday			Thursday			Friday			YOGA - TBC* (5 students minimum)	
	Studio 1	Studio 2	Green Rm	Studio 1	Studio 2	Green Rm	Studio 1	Studio 2	Green Rm	Studio 1	Studio 2	Green Rm	Studio 1	Studio 2	Green Rm		
10:00am					Yoga 10:00- 11:00 TBC*						Yoga 10:00- 11:00 TBC*			Yoga 10:00- 11:00 TBC*			
11:00am																	
5:00pm																	
5:45pm						Pre Int. Ballet 5:00-6:00						Acro Primary 5:00 - 5:45					
6pm	Int. 1 Ballet 5:45 - 7:00		Acro 2 5:30-7:00	Advanced Ballet 5:45 - 7:15 *Pointe Shoes	Int. 2 Ballet 5:45 - 7:15		Int.2 Ballet 5:45 - 6:45		Yoga 6:00- 7:00 TBC*	Advanced Ballet 5:45 - 7:15	Int. 1 Ballet 5:45 - 6:45	Primary Ballet 6:00 - 6:45	Advanced Ballet 5:45 - 7:15	Int. 2 Ballet 5:45 - 7:15	Yoga 6:00- 7:00 TBC*		
6:30pm		Musical Theatre Fundamentals 6:00 - 8:00				Acro Pre Int. 6:15-7:15		Musical Theatre Advanced 6:00 - 8:00									
7:00pm	Zumba 7:05 - 8:05		Acro 1 7:00 - 8:00	Int. 2 / Adv Contemp 7:15 - 8:15			Int. 2 Character 6:45 - 7:30				Adult Ballet 6:45 - 8:00						
7:30pm					Breaking with Terry 7:30- 8:30	MT Scene work 7:20 - 8:20				Adv Pointe 7:15 - 8:15			Adv Character 7:15 - 8:15	Int. 2 Ballet Pointe 7:15 - 8:15			
8:00pm																	
8:30pm																	
	SATURDAY																
	9am	9:45am	10am	10:15am	11am	11:15am	11:30am	11:45am	12pm	12:15pm	12:30pm	1pm	3:00	4:00pm	4:15pm	5:30pm	6:15pm
Studio 1	Pre-Ballet 9-9:45am			Pre-Primary Ballet 10:15 - 11:15am			Primary Ballet 11:30-12:15					Advanced Ballet (may be combined with Int 2 classes in show prep) 1:10 - 4:10 *Pointe Shoes			Adult Ballet 4:15-5:30	Adult Pointe 5:30-6:15	
Studio 2	Pre-Int. Ballet 9-10:00am			Intern. 1 Ballet 10:15-11:45am					Musical Theatre All Called 12:00-3:00					Boys Dance! 3:45-4:45			
Green Room				Visual Arts Junior 10:15 - 11:15am									Yoga 3:00 - 4:00				