

Full Time Timetable - 2019

Tuesday

9.30-10:15	Stretch & Conditioning	(KT)		
10.30-12.00	Open Ballet	(KT)		
12.00-1.00	Pointe	(KT)	12.00-1.00	Men's Coaching (S3) (RV)
1.00-1.30	Lunch			
1.30-2.30	Rehearsal/Repertoire	(KT/RV)		
2.30-3.30	Dance Appreciation	(RV)		

Wednesday

9.00-9.30	Own Warm Up			
9.30-11.00	Open Ballet Class	(RV)		
11.00-12.00	Pas de Deux	(RV)	11.00-11.45	Cert IV DTM Theory (OP)
12.00-12.30	Lunch			
12.00-12.30	Certificate III Theory + Lunch	(OP)		
12.30- 1.30	Choreography	(BDB)		
1.30-2.30	Contemporary	(BDB)	1.30-3.00	Extension Class (S3) (TK)
2.30-3.00	Diploma Theory	(OP)	3.00-3.45	Extension Class (S3) (TK)
3.00-3.30	Cert IV Theory	(OP)		
2.30-3.30	Pilates	(BDB)		
3.30-4.15	Anatomy	(OP)		

Thursday

9.30-10.00	Own Warm up			
10.00-11.30	Open Ballet	(MA)		
11.30-12.30	Pointe	(MA)	11.30-12.30	Men's Strength (Gym) (RV)
12.30-1.00	Lunch			
1.00-1.45	Dance History	(MA)		
1.45-2.45	Contemporary	(BL)		
3.00-3.45	Swimming			

Friday

9.30-10.15	Stretch & Conditioning	(KT)		
10.30-12.15	Open Ballet	(JW)		
12.15-1.15	Pointe	(JW)	12.15-1.15	Men's Coaching (RV)
1.15-1.45	Lunch			
1.45-2.45	Variations	(JW)		
2.45-3.45	Competition Coaching	(JW)	2.45-3.45	Pilates (BDB)
4.00-5.30	Open Ballet	(MA)		

Saturday

9.30-10.30	Pilates	(JM)		
10.30-12.00	P/S/FT Open Ballet	(RV)		
12.15-1.00	P/S/FT Pointe	(KT)	12.15-1.00	Boys Class (S3) (RV)
1.00-1.30	Lunch			
1.30-2.30	P/S/FT Pas de Deux	(RV)		
2.30-3.30	Open Age Classical Rehearsal	(RV)		
3.30-4.15	AHA Preparation	(RV/KT)		