

Newcastle Ballet Theatre

Full Time Timetable - Term 2, 2021

		Studio 1		Studio 3 / 4				Foyer	
T	9.00-9.45	Warm Up	SE						
	9.45-11.30	Open Ballet	SE						
	11.30-12.15	Pointe	SE						
	12.45-1.45	Rehearsal	SE						
	2.00-3.00	Individual Programs (Non-Cert & when not in Theory)	BDB/RV				1.45-2.30	Cert 4 Theory	SE
	3.00-4.00	Choreography	BDB	3.00-3.30	Claire - PL	SE	2.30-3.00	Diploma Theory	SE
W	9.00-9.45	Yoga or own warm up	ND						
	10.00-11.45	Open Ballet	RV						
	11.45-12.45	Pas de Deux	RV						
	1.15-2.30	Rehearsal	KT/RV						
	2.30-3.15	Stretch/Strength	KT	2.30-3.15	Caitlin G - Choreography				
3.15-4.00	Dance Appreciation	RV							
TH	9.15-10.00	Swimming - Coughlan's Warners Bay	MA						
	10.30-12.00	Open Ballet	MA	12.00-12.45	Men's Coaching	RV			
	12.00-12.45	Pointe	MA						
	1.15-2.00	Dance History	MA						
	2.00-3.00	Rehearsal	KT/RV						
3.00-3.45	Nutrition/Anatomy	SE							
F	9.30-10.15	Warm Up	KT						
	10.15-12.00	Open Ballet	KT						
	12.00-1.00	Variations / Rehearsal	KT/RV						
	1.30-3.00	Contemporary	BDB						
	3.00-4.00	Pilates/Stretch	BDB						
4.00-5.00	Open Lyrical Group	BDB							
S	10.30-12.00	Open Ballet	RV	9.15-10.15	Pilates	JMc			
	12.15-1.00	Pointe	KT						
	1.30-2.30	Pas de Deux	RV	12.15-1.00	Boys Class	RV			
	2.30-3.30	Senior Classical Concert Rehearsal	KT						
	3.30-4.30	Classical Group	KT						