

Full Time Program Timetable - Term 2, 2018

Studio 1

Studio 2

Monday

1.30-2.15	Transitions Program - Conditioning (KT)
2.15-3.45	Transitions Program - Open Ballet (RV)
4.00-4.30	Certificate III Theory (OP) - (Studio 3)

* Full Time Dancers are welcome to attend Transitions Program classes as desired

* Studio 2 & 3 are available to rehearse Choreography or use fitness equipment from 12.30pm

Tuesday

9.00-9.45	Own Warm up		
9.45-11.15	Open Ballet (RV)		
11.15-12.15	Pas de Deux (RV)		
12.45-1.45	Rehearsal (KT/RV)		
1.45-2.45	Quintet Rehearsal/Diploma Variations (RV)	1.45-2.15	Certificate IV Theory (OP)
		2.15-2.45	Certificate IV Anatomy (BL)
2.45-3.45	Own Choreography Cert IV (1 & 2)	2.45-3.45	Diploma Theory/Anatomy (OP) (Studio 3)

Wednesday

9.00-9.30	Warm Up (KT)		
9.30-11.15	Open Ballet (KT)		
11.15-12.30	Diploma & Cert III Own Choreography <u>(All 3 studios available)</u>		
1.00-2.15	Contemporary (BDB)		
2.15-3.30	Rehearsal (KT/RV)	2.30-3.30	Transitions Program Pilates (BDB) (3)

Thursday

9.00-10.00	Yoga (AH)		
10.00-11.30	Open Ballet (MA)		
11.30-12.15	Pointe (MA)	11.30-12.15	Boys Coaching (RV)
12.45-1.30	Dance History (MA)		
1.30-2.45	Contemporary (BL)		
3.00-3.45	Open Swim / Fitness Coughlin's Swim Centre		

Friday

9.30-10.15	Stretch / Conditioning (KT)		
10.30-12.15	Open Ballet (JW)		
12.15-1.15	Pointe (MA)	12.15-1.15	Boys Coaching (RV)
1.45-2.45	Variations (JW)		
2.45-4.00	Competition Coaching (JW)	2.45-3.45	Pilates (BDB)
4.00-5.30	Open Ballet (MA)		
5.30-6.30	Pre/Snr Jazz (optional) (BDB)		

Saturday

9.15-10.15.	Pilates (JM)		
10.15-11.45	Open Ballet (RV)		
11.45-12.30	Pointe (KT)	11.45-12.30	Boys class (RV)
1.00-2.00	Pas de Deux (RV)		
2.00-2.45	Classical Group (KT/RV)		
2.45-3.45	Contemporary/Lyrical groups (KT/RV)		
4.00-4.30	Jazz Group (TH/KT/RV)		

