

Newcastle Ballet Theatre

Full Time Timetable

In Studio - Week 2 through 5

M	4.00-5.30	L5/Senior/Excellence/FT Rehearsal	KT
T	9.15-10.00	Warm Up	SE
	10.00-11.45	Open Ballet	SE
	11.45-12.30	Pointe	SE
	12.30-1.15	Anatomy / Professional Development	SE
	2.00-3.00	Contemporary	BDB
	3.00-4.00	Theory	SE
	3.00-4.00	Individual Programs	BDB
W	9.15-10.00	Own Warm Up	
	10.00-11.30	Open Ballet	RV
	11.30-12.30	Pas de Deux assessment work	RV
	1.00-2.45	Rehearsal / Solos	KT/RV
	3.00-3.45	Dance Appreciation	RV
TH	9.15-10.00	Yoga	ND
	10.15-11.45	Open Ballet	MA
	11.45-12.30	Pointe	MA
	1.00-1.45	Dance History	MA
	2.00-3.30	Rehearsal	KT/RV
	4.00-5.30	L5/Senior/Excellence/Full Time Rehearsal	KT
F	9.30-10.15	Warm Up	KT
	10.15-11.45	Ballet Assessment Work	KT
	12.00-1.00	Pointe Assessment Work	KT
	1.45-3.00	Contemporary Assessment/Contemporary	BDB
	3.00-4.00	Pilates / Strength	BDB
	4.00-5.15	Lyrical Group	BDB
S	9.15-10.15	Pilates	JM
	10.30-12.00	Open Ballet Class	RV
	12.15-1.00	PS/Senior/FT Pointe	KT
	1.00-2.00	L5/Senior/Full Time Rehearsal	KT