



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Division 1	Division 2	Division 1	Division 2	Division 1	Division 2	Division 1	Division 2
Ballet Technique 9:00-11:00am	Ballet Technique 9:00-11:00am	Conditioning & Stretch 9:00-10:00am		Yoga/ Conditioning & Stretch 9:00-10:00am		Pilates/ PBT 9:00-10:00am	
		Ballet Technique 10:00-11:30am	Ballet Technique 10:00-11:30am	Ballet Technique 10:00-11:30am	Ballet Technique 10:00-11:30am	Ballet Technique 10:00-11:30am	Ballet Technique 10:00-11:30am
	Contemporary 11:00-12:15pm	Pointe/Variations 11:00-12:15pm	Acro 11:30-12:30pm	Pointe 11:30-12:30pm	Jazz 11:30-12:30pm	Pointe 11:30-12:30pm	Modern/ Improvisation/ Pointe/ Variations 11:30-12:30pm
Pointe/ Variations 12:15-1:30pm	Contemporary 12:15pm-1:30pm	Pointe 12:30-1:30pm	Acro 12:30-1:30pm	Pointe 12:30-1:30pm	Jazz 12:30-1:30pm	“Special Topics” Seminar 12:30-1:30pm	
ABAA Faculty will incorporate a 15 Minute snack break into each day							