



## Pre-Professional Study Schedule ~ July 6 - August 14, 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Division 1	Division 2	Division 1	Division 2	Division 1	Division 2	Division 1	Division 2
Ballet Technique <b>9:00-11:00am</b>	Ballet Technique <b>9:00-11:00am</b>		Conditioning & Stretch <b>9:00-10:00am</b>		Yoga/ Conditioning & Stretch <b>9:00-10:00am</b>		Pilates/ PBT <b>9:00-10:00am</b>
		Ballet Technique <b>10:00-11:30am</b>	Ballet Technique <b>10:00-11:30am</b>	Ballet Technique <b>10:00-11:30am</b>	Ballet Technique <b>10:00-11:30am</b>	Ballet Technique <b>10:00-11:30am</b>	Ballet Technique <b>10:00-11:30am</b>
Contemporary <b>11:00-12:15pm</b>	Pointe/Variations <b>11:00-12:15pm</b>	Acro <b>11:30-12:30pm</b>	Pointe <b>11:30-12:30pm</b>	Jazz <b>11:30-12:30pm</b>	Pointe <b>11:30-12:30pm</b>	Modern/ Improvisation/ Pointe/ Variations <b>11:30-12:30pm</b>	
Pointe/ Variations <b>12:15-1:30pm</b>	Contemporary <b>12:15pm-1:30pm</b>	Pointe <b>12:30-1:30pm</b>	Acro <b>12:30-1:30pm</b>	Pointe <b>12:30-1:30pm</b>	Jazz <b>12:30-1:30pm</b>	"Special Topics" Seminar <b>12:30-1:30pm</b>	

ABAA Faculty will incorporate a 15 Minute snack break into each day