

INTER / WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:15 - 11:45 AM Ballet Technique	10:15 - 11:45 AM Ballet Technique
10 min Break			10 min Break	
12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	11:55 - 12:25 PM Stretch & Strengthen	11:55 - 12:25 PM Stretch & Strengthen
10 min Break			15 min Break	
12:50 - 1:50 PM Contemporary	12:50 - 1:50 PM Choreography	12:50 - 1:50 PM Contemporary	12:40 - 1:40 PM Choreography	12:40 - 1:40 PM Contemporary
20 min Break			20 min Break	
2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:00 - 3:00 PM Pre-Pointe / Pointe	2:00 - 3:00 PM Pre-Pointe / Pointe
5 min Break				
2:45 - 3:15 PM Dance video	2:45 - 3:15 PM Dance video	2:45 - 3:15 PM Dance video		



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INTER / WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15 - 11:45 AM Ballet Technique	10:15 - 11:45 AM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique
10 min Break				
11:55 - 12:25 PM Stretch & Strengthen	11:55 - 12:25 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen
15 min Break				
12:40 - 1:40 PM Contemporary	12:40 - 1:40 PM Choreography	12:50 - 1:50 PM Contemporary	12:50 - 1:50 PM Choreography	12:50 - 1:50 PM Contemporary
20 min Break				
2:00 - 3:00 PM Pre-Pointe / Pointe	2:00 - 3:00 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe
		2:40 - 3:10 PM Dance video	2:40 - 3:10 PM Dance video	2:40 - 3:10 PM Dance video



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INTER / WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:30 - 12:00 PM Ballet Technique	10:15 - 11:45 AM Ballet Technique	10:15 - 11:45 AM Ballet Technique
10 min Break			10 min Break	15 min Break
12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	12:10 - 12:40 PM Stretch & Strengthen	11:55 - 12:25 PM Stretch & Strengthen	12:00 - 1:00 PM Rehearsal
10 min Break			15 min Break	30 min Break
12:50 - 1:50 PM Contemporary	12:50 - 1:50 PM Choreography	12:50 - 1:50 PM Contemporary	12:40 - 1:40 PM Choreography	1:30 - 3:30 PM Showcase
20 min Break			20 min Break	
2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:10 - 2:40 PM Pre-Pointe / Pointe	2:00 - 3:00 PM Pre-Pointe / Pointe	
2:40 - 3:10 PM Dance video	2:40 - 3:10 PM Dance video	2:40 - 3:10 PM Dance video		



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