

BV & LL - PRO COMPANY, MINI PRO & APPRENTICE STARTER SCHEDULE

- * after audition week, we will run this schedule for **3 weeks**
 - * we will have our first parent meeting at the end of the 1st 3 weeks and amend the schedule
 - * as always, bv students are welcome to drive to lloyd to take extra training, and ll students are welcome in bv!
-

LL - MONDAY - SEPT 9, 16, 23

3:35-4:05 solo class #1
4:05-4:50 ballet tech (bring your pointe shoes)
4:50-5:10 stretch & conditioning
5:15-6:00 teacher training/acro tech/lifts/tricks
6:00-6:15 dinner break
6:15-6:45 UBC leads
6:45-7:30 teacher training/jumps/turns
7:30-8:00 choreo combos - hip-hop, tap, modern, contemp, lyrical
8:00-8:30 solo class #2
8:30-9:00 solo class #3
9:00-9:30 adult ballroom

LL - WEDNESDAY - SEPT 11, 18, 25

3:35-4:05 solo class #1
4:05-4:50 ballet tech (bring your pointe shoes)
4:50-5:10 stretch & conditioning
5:10-5:45 jazz tech
5:45-6:00 dinner break
6:00-6:50 UBC rehearsal - seniors and **level 1 & 2 apprentices**
6:50-7:05 FDC Sport/Modelling/Acting
7:05-7:45 UBC leads
7:45-8:45 choreo combos - hip-hop, tap, modern, contemp, lyrical
8:45-9:15 solo class #2
9:15-9:45 solo class #3

LL - SUNDAY - 3 ON 1 OFF - SEPT 15, 22, 29

12:00-12:30 solo class #1
12:30-1:00 solo class #2
1:00-1:30 solo class #3
1:30-3:00 solo class #4
2:00-4:00 TECH INTENSIVE: stretch/ballet tech/jazz tech/pointe

BV - TUESDAY SEPT 10, 17, 24

3:45-4:30 teacher training/acro tech/lifts/tricks
4:30-5:15 ballet tech ((bring your pointe shoes)
5:15-5:35 stretch & conditioning
5:35-6:00 jazz tech
6:00-6:15 dinner break
6:15-7:05 UBC rehearsal - seniors and **level 1 & 2 apprentices**
7:05-7:20 FDC Sport/Modelling/Acting
7:20-8:00 UBC leads
8:00-8:30 choreo combos - hip-hop, tap, modern, contemp, lyrical
8:30-9:00 solo class #1
9:00-9:30 solo class #2

BV - THURSDAY SEPT 12, 19, 26

3:45-4:30 teacher training/jumps/turns
4:30-5:15 ballet tech (bring your pointe shoes)
5:15-5:35 stretch & conditioning
5:35-5:45 jazz tech
5:45-6:00 dinner break
6:00-6:30 UBC LEADS
6:30-7:30 choreo combos - hip-hop, tap, modern, contemp, lyrical
7:30-8:00 solo class #1
8:00-8:30 solo class #2
8:30-9:00 solo class #3
9:00-9:30 solo class #4

BV - FRIDAY - 3 ON 1 OFF - SEPT 13, 20, 27

4:00-4:30 solo class #1
4:30-6:30 TECH INTENSIVE: stretch/ballet tech/jazz tech/pointe
6:30-7:00 solo class #2
7:00-7:30 solo class #3
7:30-8:00 solo class #4
8:30-9:10 beginner ballroom/social dance
