

PRO SCHEDULE - 2026 - rough draft #4 (apprentices join highlighted classes)

MONDAY - LLOYD:

4:00-4:05 CIRCLE
4:05-4:25 BALLET EX'S
4:25-4:45 JAZZ ACROSS THE FLOOR
4:45-5:00 STRETCH WITH BLOCKS
5:00-5:10 CONDITIONING
5:10-5:20 PARTNER STRETCHES
5:20-5:25 SNACK BREAK
5:25-6:25 UBC - ADV/PRO - ON POINTE OR FLAT
6:25-6:40 DINNER BREAK
6:40-7:00 PART 1 CONTEMP CHOREO
7:00-7:40 MODERN CHOREO
7:40-8:20 JAZZ CHOREO
8:20-9:30 SOLO/DUO CLEANING SESSIONS

TUESDAY - BONNYVILLE:

3:45-4:30 BV JR/INT & INT/ADV CHOREO
4:30-4:35 CIRCLE
4:35-4:55 BALLET EX'S
4:55-5:05 JAZZ ACROSS THE FLOOR
5:05-5:20 STRETCH WITH BLOCKS
5:20-5:30 CONDITIONING
5:30-5:40 PARTNER STRETCHES
5:40-6:40 UBC - ADV/PRO - ON POINTE OR FLAT
6:40-7:00 PART 1 CONTEMP CHOREO
7:00-7:15 DINNER BREAK
7:15-7:55 MODERN CHOREO
7:55-8:35 JAZZ CHOREO
8:35-9:35 SOLO/DUO CLEANING SESSIONS

WEDNESDAY - LLOYD:

4:00-4:05 CIRCLE
4:05-4:25 BALLET EX'S
4:25-4:45 JAZZ ACROSS THE FLOOR
4:45-5:00 STRETCH WITH BLOCKS
5:00-5:10 CONDITIONING
5:10-5:20 PARTNER STRETCHES
5:20-5:25 SNACK BREAK
5:25-6:25 UBC - ALL LEVELS - ON POINTE OR FLAT
6:25-6:35 FDC SPORT
6:35-6:50 DINNER BREAK
6:50-7:10 PART 2 CONTEMP CHOREO
7:10-7:50 VARIETY CHOREO
7:50-8:30 HIP-HOP CHOREO
8:30-9:30 SOLO/DUO CLEANING SESSIONS

THURSDAY - BONNYVILLE:

3:45-4:30 BV JR/INT & INT/ADV CHOREO
4:30-4:35 CIRCLE
4:35-4:55 BALLET EX'S
4:55-5:05 JAZZ ACROSS THE FLOOR
5:05-5:20 STRETCH WITH BLOCKS
5:20-5:30 CONDITIONING
5:30-5:40 PARTNER STRETCHES
5:40-5:50 FDC SPORT//DINNER BREAK
5:50-6:50 UBC - ALL LEVELS - ON POINTE OR FLAT
6:50-7:10 PART 2 CONTEMP CHOREO
7:10-7:50 VARIETY CHOREO
7:50-8:30 HIP-HOP CHOREO
8:30-9:30 SOLO/DUO CLEANING SESSIONS

EVERY OTHER FRIDAY - BV THEN LL:

4:00-6:00 FRIDAY TECH INTENSIVE: CIRCLE//JUMPS & TURNS DRILLS//CONDITIONING//STRETCH//PRE-POINTE/POINTE//SPEED
LEARNING-COMBOS//IMPROV
6:00-6:30 CHOREO REVIEW/SHOW!! - SARAH'S COMPANY STUDENTS - no cost for this class 😊
6:30-9:00 SOLO/DUO CLEANING SESSIONS