SARAH'S SCHEDULE - 2027 - SUPER DUPER ROUGH DRAFT #1

As always, all LL students are welcome to dance in BV and all BV students are welcome to dance in LL when possible!

Start Dates: Tuesday classes start Sept 8 - Wednesday classes start Sept 9 - Thursday classes start Sept 10 - Monday classes start Sept 14

LL - MONDAY
3:55-4:25 minis choreo #1 / seniors: studio "home practice" - 30 min
4:25-4:45 stretch/conditioning - 20 min
4:45-4:55 modelling/heels tech/flashmob - 10 min
4:55-5:15 ballet tech - 20 min
5:15-5:45 jazz across the floor - 30 min
5:45-5:55 pointe/pre-pointe - 10 min
5:55-6:10 tap tech/hip-hop tech/speed learning/combos/improv - 15 min
6:10-6:25 dinner break
6:25-7:05 jazz choreo - 40 min
7:05-7:45 contemp choreo - 40 min
7:45-8:25 modern choreo - 40 min
8:25 solo cleaning time

BV - TUESDAY
3:45-4:30 inter/adv company choreo / seniors: studio "home practice"
4:30-4:50 stretch/conditioning - 20 min
4:50-5:00 modelling/heels tech/flashmob - 10 min
5:00-5:20 ballet tech - 20 min
5:20-5:50 jazz across the floor - 30 min
5:50-6:00 pointe/pre-pointe - 10 min
6:00-6:15 tap tech/hip-hop tech/speed learning/combos/improv - 15 min
6:15-6:30 dinner break
6:30-7:10 jazz choreo - 40 min
7:10-7:50 contemp choreo - 40 min
7:50-8:30 modern choreo - 40 min

LL - WEDNESDAY
3:55-4:25 minis choreo #2 / seniors: studio "home practice"
4:25-4:45 stretch/conditioning - 20 min
4:45-5:05 ballet tech - 20 min
5:05-5:35 jazz across the floor - 30 min
5:35-6:35 UBC session 1 - 60 min
6:35-6:50 dinner break
6:50-7:20 UBC session 2 - 30 min
7:20-8:10 hip-hop choreo - 40 min
8:10 solo cleaning time

BV - THURSDAY
3:45-4:30 inter/adv company choreo / seniors: studio "home practice"
4:30-4:50 stretch/conditioning - 20 min
4:50-5:10 ballet tech - 20 min
5:10-5:40 jazz across the floor - 30 min
5:40-6:40 UBC session 1 - 60 min
6:40-6:55 dinner break
6:55-7:25 UBC session 2 - 30 min
7:25-8:05 hip-hop - 40 min
8:05 solo cleaning time

LL - FRIDAY
4:00-6:00 tech intensive grades 5-8 - 120 min
6:00-6:30 UBC leads - 30 min
6:30-7:10 variety choreo - 40 min
7:10 solo cleaning time

BV - SUNDAY
11:20-12:00 company choreo time slot if needed
12:00-1:00 grades 4-6 - tech intensive - 1 hour
1:00-2:00 stretch conditioning improv- tech intensive - all grades - 1 hour
2:00-3:00 grades 7-8 - tech intensive - 1 hour
3:00-3:40 variety choreo - 40 min
3:40-4:10 UBC leads - 30 min
4:10 solo cleaning time