



Studio X Ballet & Technique Summer Intensive 2023

Monday, August 7th

Times	Level D Ages (5-7)	Level B Ages (9-11)
3:30 - 5:00 pm	Ballet D	Ballet B
5:00 - 6:00 pm	Technique D	Classical Variation B
	Level C Ages (7-9)	Level A Ages (12+)
6:00 - 7:30 pm	Ballet C	Ballet A
7:30 - 8:30 pm	Technique C	Classical Variation A

Tuesday, August 8th

Times	Level D Ages (5-7)	Level B Ages (9-11)
3:30 - 4:15 pm	Stretching/Conditioning D	Theraband Stretch/Strength B Mat Pilates B
4:15 - 5:00 pm	Theraband Stretch/Strength D Mat Pilates D	Ballet B
5:00 - 5:30 pm	Classical Variation D	Ballet B
5:30 - 6:00 pm	Classical Variation D	Foot Conditioning/Pre Pointe Training B
	Level C Ages (7-9)	Level A Ages (12+)
6:00 - 6:45 pm	Stretching/Conditioning C	Theraband Stretch/Strength A Mat Pilates A
6:45 - 7:30 pm	Theraband Stretch/Strength C Mat Pilates C	Ballet A
7:30 - 8:00 pm	Classical Variation C	Ballet A
8:00 - 8:30 pm	Classical Variation C	Foot Conditioning/Pre Pointe Training A

Wednesday, August 9th

Times	Level D Ages (5-7)	Level B Ages (9-11)
3:30 - 5:00 pm	Ballet D	Ballet B
5:00 - 6:00 pm	Technique D	Neo - Classical Variation B
	Level C Ages (7-9)	Level A Ages (12+)
6:00 - 7:30 pm	Ballet C	Ballet A
7:30 - 8:30 pm	Technique C	Neo - Classical Variation A

Thursday, August 10th

Times	Level D Ages (5-7)	Level B Ages (9-11)
3:30 - 4:30 pm	Floor Barre D	Spherical B
4:30 - 5:30 pm	Ballet D	Ballet B
5:30 - 6:00 pm	Showcase D & B	
	Level C Ages (7-9)	Level A Ages (12+)
6:00 - 7:00 pm	Floor Barre C	Spherical A
7:00 - 8:00 pm	Ballet C	Ballet A
8:00 - 8:30 pm	Showcase C & A	