



Autumn
2024 Adult
Ballet
Intensive

Schedule

Start time	End time	Studio 1
9.30am	10am	Registration
10am	11am	Ballet Barre
11.15am	12pm	Port de bras and adage
12.15pm	1pm	Turns
1pm	2pm	Lunch
2pm	2.30pm	Pointe / Demi pointe
2.45pm	3.15pm	Allegro OR Progressing Ballet Technique
3.30pm	5pm	Partner workshop OR Repertoire Variation
5.30pm	6.30pm	Drinks/nibbles