



Half Day Schedule 2022/2023

*Schedule Subject to change

STUDIO # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Stretch & Strengthening Technique Melissa Bossomworth	1:45-2:45 NSAD Half Day Program Ballet Technique Sorami Moriyama	1:45-2:15 Belinda's Coaching Time	1:45-2:15 Belinda's Coaching Time	
2:45-3:45 NSAD Half Day Program Technique Alicia Bruce	2:45-3:45 NSAD Half Day Program Hip Hop Foundation45 Chris Bonus	2:15-3:45 NSAD Half Day Program Ballet Technique Sorami Moriyama	2:15-3:45 NSAD Half Day Program Jazz Technique Belinda Sobie	2:00-3:30 Flex Hour for Choreography NSAD Program A1 & A2
				3:30-4:45 Industry Workshop Group A & B Weekly Guest Instructors

STUDIO # 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:15 Ballet Bloch Program Pilates Thomas Teague	1:45-3:15 Ballet Bloch Program Ballet Technique Thomas Teague	1:45-2:15 Ballet Bloch Program Gyro/Yoga Muriel	1:45-3:15 Ballet Bloch Program Advanced 1 & 2 Ballet Technique Tracy-Lea Bloch	1:45-3:15 Ballet Bloch Program Contemporary Ballet Technique Monica Proenca
2:15-3:45 Ballet Bloch Program Contemporary Ballet Technique Thomas Teague	3:15-3:45 Ballet Bloch Program Plyometrics Thomas Teague	2:15-3:45 Ballet Bloch Program Advanced 1 & 2 Ballet Technique Muriel	3:15-3:45 Ballet Bloch Program Foot Conditioning Tracy-Lea Bloch	3:15-3:45 Ballet Bloch Program Stretch & Strength Monica Proenca

STUDIO # 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1:45-2:15 Student Rehearsal Time	1:45-2:15 Student Rehearsal Time	
	2:15-3:45 Ballet Bloch Program Advanced 2 ISTD Syllabus Tracy-Lea Bloch	2:45-3:45 NSAD Program Jazz Technique Belinda Sobie	2:15-3:45 NSAD Half Day Program Ballet Technique Sorami Moriyama	

"Student Rehearsal Time" is a designated time for students to have scheduled rehearsal space for: Solo, Duo, Trio Practice, Syllabus Practice, Choreography Review

NSAD Half Day Program is split into 2 or 3 groups to ensure the training provided is of the correct level for each dancer