

STUDIO # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Stretch & Strengthening Group A Melissa Bossomworth	1:45-3:15 NSAD Half Day Program Ballet Technique Group A Sorami Moriyama	1:45-2:15 Belinda's Coaching Time	1:45-2:15 Ballet Bloch Program Gyro/Yoga Muriel Teague	
2:45-3:45 NSAD Half Day Program Technique - Group A Alicia Bruce		2:15-3:45 NSAD Half Day Program Jazz Technique - Group A Belinda Sobie	2:15-3:45 Ballet Bloch Program ADV Ballet Technique Muriel Teague	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 ADV Ballet Technique Thomas Teague	1:30-2:00 Ballet Bloch Program Foot Conditioning Tracy-Lea Bloch		1:45-3:15 Ballet Bloch Program ADV Contemporary Technique Monica Proenca
2:15-3:45 Ballet Bloch Program ADV Contemporary Ballet Technique Thomas Teague	3:15-3:45 Ballet Bloch Program Plyometrics Thomas Teague	2:00-3:30 Ballet Bloch Program ADV Ballet Technique Tracy-Lea Bloch	2:15-3:45 NSAD Half Day Program Ballet Technique Group A Sorami Moriyama	3:15-3:45 Ballet Bloch Program Stretch & Strength Monica Proenca
		3:30-3:45 Ballet Bloch Program Tracy Bloch/Muriel Teague		

STUDIO # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Technique - Group B Alicia Bruce	1:45-3:15 Ballet Bloch Program Advanced 1 Ballet ISTD Syllabus Tracy-Lea Bloch	1:45-2:15 Breanna Rehearsal Time		
2:45-3:45 NSAD Half Day Program Stretch & Strengthening Group B Melissa Bossomworth		2:15-3:45 NSAD Half Day Program Jazz Technique - Group B Breanna English	2:15-3:45 Ballet Bloch Program Advanced 2 Ballet ISTD Syllabus Tracy-Lea Bloch	

"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