



Half Day Schedule

2020/2021

North Shore Academy of Dancing

*Schedule Subject to change

STUDIO # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:15 Ballet Bloch Program Pilates Training Thomas Teague	1:45-2:15 Ballet Bloch Program Foot Conditioning Tracy-Lea Bloch	1:45-2:15 Ballet Bloch Program Body Conditioning Tracy-Lea Bloch	1:45-2:15 Ballet Bloch Program Gyro/Yoga Nika Statham	1:30-2:00 Ballet Bloch Program Stretch & Strength Monica Proenca
2:15-3:45 Ballet Bloch Program Advanced 1 & 2 Ballet Technique Thomas Teague	2:15-3:45 Ballet Bloch Program Advanced 1 NSAD Program A1/A2 Ballet Technique Thomas Teague	2:15-3:45 Ballet Bloch Program Advanced 2 NSAD Program A1 & A2 Ballet Technique Muriel Teague	2:15-3:45 Jazz Technique NSAD Program A1 & A2 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 NSAD Program A2 Student Rehearsal Time	1:45-2:15 NSAD Program A2 Pilates Training Thomas Teague	1:45-2:15 NSAD Program Late Start Day - no class	1:45-2:15 NSAD Program A2 Foot Conditioning Tracy-Lea Bloch	1:30-2:30 NSAD Program Late Start Day - no class
2:15-3:45 Lyrical/Contemporary Technique NSAD Program A1 & A2 Breanna English	2:15-3:45 Ballet Technique Ballet Bloch Program Advanced 2 ISTD Syllabus Tracy-Lea Bloch	2:15-3:45 Jazz Technique NSAD Program BA1 & A2 Belinda Sobie	2:15-3:45 Ballet Bloch Program Advanced 1 & 2 Ballet Technique Tracy-Lea Bloch	2:00-3:30 Ballet Bloch Program Advanced 2 Contemporary Ballet Technique Monica Proenca

STUDIO # 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:15 NSAD A1 Program in Studio 1 for Pilates	1:45-2:15 NSAD A1 Program in Studio 1 for Foot	1:45-2:15 NSAD Program Late Start Day - no class	1:45-2:15 NSAD Student Rehearsal Time Program A1	1:30-2:30 NSAD Program Late Start Day - no class
2:15-3:45 Lyrical/Contemporary Technique NSAD Program A2 & A1 Abby Hoffman	2:15-3:45 Ballet Technique NSAD Program A2 & A1 Sorami Moriyama	2:15-3:45 Ballet Bloch Program Advanced 1 ISTD Syllabus Tracy-Lea Bloch	2:15-3:45 Ballet Technique NSAD Program A2 Sorami Moriyama	2:00-3:30 Flex Hour for Choreography NSAD Program A1 & A2

"Student Rehearsal Time" is a designated hour for a group to have scheduled rehearsal space for: Solo, Duo, Trio Practice, Syllabus Practice, Choreography Review and/or extra technique classes may be offered.

NSAD Group A1 and A2 have some cross over opportunities to keep within the COVID-19 Capacity restrictions