

## **TECHNIQUE WEEK - Aug 1-4**

**\$275**

### **Monday, 1st**

10-11:25 Adv Ballet  
11:30-12:45 Adv Lyrical  
12:45-1:15 Break  
1:15-2:30 Adv Strength/Conditioning

10:00-11:25 Int Lyrical  
11:30-12:45 Int Strength/Conditioning  
12:45-1:15 Break  
1:15-2:30 Int Ballet

10-11:25 Beg/Int Strength/Conditioning  
11:30-12:45 Beg/Int Ballet  
12:45-1:15 Break  
1:15-2:30 Beg/Int Lyrical

**Alyson Pray** - Ballet  
**Devon Larcher** - Lyrical  
**Callie Hctor** - Strength/Conditioning

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### **Tuesday, 2nd**

10:15-11:25 Adv Flexibility/Feet  
11:30-12:45 Adv Ballet  
12:45-1:15 Break  
1:15-2:30 Adv Contemporary

10:00-11:25 Int Ballet  
11:30-12:45 Int Contemporary  
12:45-1:15 Break  
1:15-2:30 Int Flexibility/Feet

10-11:15 Beg/Int Contemporary  
11:30-12:45 Beg/Int Flexibility/Feet  
12:45-1:15 Break  
1:15-2:30 Beg/Int Ballet

**Michael Crawford** - Ballet  
**Alisa Iacovelli** - Contemporary  
**Paige Devitt** - Flexibility/Feet

### **Wednesday, 3rd**

10-11:25 Adv Contemporary  
11:30-12:30 Yoga  
12:45-1:15 Break  
1:15-2:45 Adv Ballet

10:15-11:15 Yoga  
11:30-12:45 Int Ballet  
12:45-1:15 Break  
1:15-2:45 Int Contemporary

10:00-11:25 Beg/Int Ballet  
11:30-12:30 Beg/Int Contemporary  
12:30-12:45 Break  
12:45-1:45 Yoga

**Michael Crawford** - Ballet  
**Alisa Iacovelli** - Contemporary  
**Teagan Schweitzer** - Yoga

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### **Thursday, 4th**

10-11:15 Adv Strength/Conditioning  
11:15-12:15 Adv Technique/Improv  
12:15-12:45 Break  
12:45-2:15 Adv Contemporary

10:00-11:15 Int Technique/Improv  
11:15-12:30 Int Contemporary  
12:30-1 Break  
1-2:15 Int Strength/Conditioning

10-11:15 Beg/Int Contemporary  
11:15-12:15 Beg/Int Strength/Conditioning  
12:15-12:45 Break  
12:45-2:15 Beg/Int Technique/Improv

**Travis Bertell** - Contemporary  
**Paige Devitt** - Strength/Conditioning  
**Miles Yeung** - Technique/Improv