

Opus Performing Arts 2018 Summer Intensive

	Monday July 23		Tuesday July 24		Wednesday July 25		Thursday July 26		Friday July 27	
11:00-11:10	Conditioning Warm Up	Brooke	Ballet IV/V	Fiona	Conditioning Warm Up	Brooke	Ballet IV/V	Cher	Ballet IV/V	Cher
11:15-1:00	Ballet IV/V		Ballet Workshop		Ballet IV/V		Variations		Variations	
1:00-1:30	Ballet Workshop		Lunch		Ballet Workshop		Lunch		Lunch	
1:45-2:30	Pointe		Jazz (2:30-4:00)	Diane	Pointe		Jazz (2:30-4:00)	Diane	Broadway (2:30-3:30)	Tatyana
2:30-3:00	Lunch		Pilates (4:00-4:45)	Kate	Lunch		Lyrical (4:00-4:45)	Hip Hop (3:45-4:45)		
3:00-4:45	Contemporary	Celeste	Stretching		Contemporary	Celeste	Stretching	Stretching		
4:45-5:00	Stretching		Stretching	Stretching	Stretching				Stretching	
	Monday July 30		Tuesday July 31		Wednesday August 1		Thursday August 2		Friday August 3	
11:00-11:10	Ballet IV/V	Cher	Ballet IV/V	Cher	Conditioning Warm Up	Brooke	Conditioning Warm Up	Brooke	Ballet IV/V	Cher
11:15-1:00			Variations		Variations		Cont. Ballet Workshop		Ballet IV/V	
1:00-1:30	Pointe	Celeste	Lunch		Pointe		Lunch		Lunch	
1:45-2:30	Lunch		Jazz (2:30-4:00)	Diane	Lunch		Jazz (2:30-4:00)	Diane	Broadway (2:30-3:30)	Tatyana
2:30-3:00	Contemporary	Celeste	Pilates (4:00-4:45)	Kate	Lunch		Lyrical (4:00-4:45)	Diane	Hip Hop (3:45-4:45)	
3:00-4:45	Stretching		Stretching		Contemporary	Celeste	Stretching	Stretching	Stretching	
4:45-5:00	Stretching	Stretching	Stretching	Stretching	Stretching					