

Opus Performing Arts Summer Intensive 2017

Week 1: July 24-28

Week 1: July 24-28										
	Monday July 24		Tuesday		Wednesday		Thursday		Friday	
	LEVEL A									
11:00-12:30	Ballet/Pointe Assessment (Downstairs) 11:00-	Celeste/Brooke	Ballet III	Celeste	Ballet III	Brooke	Ballet III	Celeste	Ballet III	Celeste
12:30-1:15			Ballet Workshop	Celeste	Ballet Workshop		Ballet Workshop	Celeste	Character Class 12:45-1:30	Cher Carnell
1:30-2:00	Lunch 1:20-2:00		Theraband Work		Alignment Class (Downstairs)	Tatyana	Theraband Work		Stretching	Celeste
2:00-2:30	Contemporary Assessment (Downstairs)	Tatyana / Brooke	Lunch		Lunch		Lunch		Lunch	
2:30-4:00			Jazz	Diane	Contemporary	Diane	Jazz	Diane	Movie (Downstairs)	Celeste
4:00-5:00	Pilates (Downstairs)	Tatyana	Broadway (Downstairs)	Tatyana	Intro Cont. Partnering (Downstairs)	Diane/Brooke	Yoga (Downstairs)	Adrienne	Discussion	Celeste
	LEVEL B									
11:00-12:30	Ballet Assessment (Downstairs)	Celeste/Brooke	Ballet IV/V Workshop	Fiona	Ballet IV/V Variations	Celeste	Ballet IV/V Workshop	Fiona	Ballet IV/V	Cher Carnell
12:30-1:15									Character Class 12:45-1:30	Cher Carnell
1:30-2:00	Lunch 1:20-2:00		Pointe		Alignment Class (Downstairs)	Tatyana	Pointe		Stretching	Celeste
2:00-2:30	Contemporary Assessment (Downstairs)	Tatyana / Brooke	Lunch		Lunch		Lunch		Lunch	
2:30-4:00			Jazz	Tatyana	Contemporary	Brooke	Jazz	Tatyana	Movie (Downstairs)	Celeste
4:00-5:00	Pilates (Downstairs)	Tatyana	Broadway (Downstairs)	Tatyana	Intro Cont. Partnering (Downstairs)	Diane/Brooke	Yoga (Downstairs)	Adrienne	Discussion	Celeste

Week 2: July 31-August 4

Week 2: July 31-August 4										
	Monday July 31		Tuesday		Wednesday		Thursday		Friday	
	LEVEL A									
11:00-12:30	Ballet III	Tatyana	Ballet III	Celeste	Ballet III	Tatyana	Ballet III	Celeste	Ballet III	Celeste
12:30-1:15	Allegro Workshop		Ballet Workshop	Celeste	Ballet Workshop		Ballet Workshop	Celeste	Character Class 12:45-1:30	Cher Carnell
1:30-2:00	Alignment Class (Downstairs)	Tatyana	Theraband Work		Alignment Class (Downstairs)	Tatyana	Theraband Work		Stretching	Celeste
2:00-2:30	Lunch		Lunch		Lunch		Lunch		Lunch	
2:30-4:00	Contemporary	Diane	Jazz	Diane	Contemporary	Diane	Jazz	Diane	Movie (Downstairs)	Celeste
4:00-5:00	Pilates (Downstairs)	Tatyana	Broadway (Downstairs)	Tatyana	Intro Cont. Partnering (Downstairs)	Diane/Brooke	Yoga (Downstairs)	Adrienne	Discussion	Celeste
	LEVEL B									
11:00-12:30	Ballet IV/V Variations	Celeste	Ballet IV/V Workshop	Fiona	Ballet IV/V Variations	Celeste	Ballet IV/V Workshop	Fiona	Ballet IV/V	Cher Carnell
12:30-1:15									Character Class 12:45-1:30	Cher Carnell
1:30-2:00	Alignment Class (Downstairs)	Tatyana	Pointe		Alignment Class (Downstairs)	Tatyana	Pointe		Stretching	Celeste
2:00-2:30	Lunch		Lunch		Lunch		Lunch		Lunch	
2:30-4:00	Contemporary	Brooke	Jazz	Tatyana	Contemporary	Brooke	Jazz	Tatyana	Movie (Downstairs)	Celeste
4:00-5:00	Pilates (Downstairs)	Tatyana	Broadway (Downstairs)	Tatyana	Intro Cont. Partnering (Downstairs)	Diane/Brooke	Yoga (Downstairs)	Adrienne	Discussion	Celeste