

Opus 2024 Summer Class Schedule

July 8, 2024 - August 16, 2024

(last revised 03/05/2024)

Monday					
	Studio A	Studio B	Studio C	Studio D	Studio E
3:30-4:00					
4:00-4:30			Primary Ballet (7) 4:00-4:45	Ballet/Tap Combo (3-4) 4:00-4:45	
4:30-5:00					
5:00-5:30			Pre-Ballet (5-6) 5:00-5:45	Ballet/Tap Combo (5-6) 5:00-5:45	
5:30-6:00					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00		Adult Beg Ballet 7:00-8:30			
8:00-8:30					

Tuesday				
Studio A	Studio B	Studio C	Studio D	Studio E
Progressing Ballet Technique* Ballet IV/V/VI 4:15-4: 45	Toddler + Caregiver Dance Class (walking - 2.5 years) 4:00-4:45	Ballet III-A/B 4:00-5:30		
Ballet IV/V/VI + Pointe IV 4: 45-6:30		Pre-Pointe I/II 5:45-6:30	Ballet/Tap Combo (3-4) 5:00-5:45	Primary Ballet (7) 5:00-5:45
Pointe II 6:45-7:30		Pointe I 6:45-7:15		
	Adult Beg Ballet 7:00-8:30			

Wednesday				
Studio A	Studio B	Studio C	Studio D	Studio E
Ballet IV/V/VI + Pointe IV 4:00-5:45		Progressing Ballet Technique* Ballet III-A/B 3: 30-4:00		
	Baby + Caregiver Dance Class 3-12 months (babies not yet walking) 5:00-5:45	Ballet III-A/B 4:00-5:30	Pre-Ballet (5-6) 4:00-4:45	Ballet/Tap Combo (5-6) 4:00-4:45
		Open Contemporary (Cont II-A - Cont IV) 6:00-7:30		Ballet/Tap Combo (3-4) 5:00-5:45

Thursday					
	Studio A	Studio B	Studio C	Studio D	Studio E
3:30-4:00					
4:00-4:30	Ballet IV/V/VI + Pointe IV 4: 00-5:45		Ballet III-A/B 4:00-5:45		
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00-6:30	Pointe I 6:00-6:30		Pointe II 5:50-6:30		
6:30-7:00					
7:00-7:30			Open Jazz/Lyrical (Jazz II-A - Jazz III) 6:45-8:00		
7:30-8:00					
8:00-8:30					

Saturday				
Studio A	Studio B	Studio C	Studio D	Studio E

Sunday				
Studio A	Studio B	Studio C	Studio D	Studio E
	Adult Open Ballet 10:00-11:30			
		Rehearsals 12:00-5:00 (Schedule Varies)		

*Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior through to advanced levels.