

# 4 WEEK SUMMER TRAINING - *schedule outline*

MONDAY	ROOM B
4:00 - 7:00PM	FACTORY FORCE JUNIOR JAZZ CHOREO <i>w/ 10 minute break</i>

TUESDAY	ROOM A	ROOM B	ROOM C
3:00 - 4:00PM	OPEN TUMBLE	MINI MOVERS BALLET TECHNIQUE	
4:00-5:00PM	12 & UP TAP & MUSICALITY CLASS	11 & UNDER BALLET TECH.	MINI MOVERS JAZZ & CREATIVE MOVEMENT
5:00-5:30PM	12 & UP ACTING CLASS		
5:30 - 6:30PM	11 & UNDER CONDITIONING & ENDURANCE	12 & UP JAZZ TECHNIQUE: JUMPS LEAPS & TURNS	
6:30 - 6:45PM	15 MINUTE DINNER BREAK		
6:45- 7:30PM	11 & UNDER FLEXIBILITY & CONTROL	12 & UP HIP HOP CLASS	
7:30 - 7:45PM			

WEDNESDAY	ROOM A	ROOM B	ROOM C
3:00 -4:00	OPEN TUMBLE		*optional MINI MOVERS TAP & MUSICALITY (45 MINUTE CLASS)
4:00-5:00PM	11 & UNDER TAP & MUSICALITY CLASS	12 & UP BALLET TECH.	MINI MOVERS STRENGTH & FLEXIBILITY
5:00-5:30PM	11 & UNDER ACTING CLASS		
5:30 - 6:30PM	12 & UP CONDITIONING & ENDURANCE	11 & UNDER JAZZ TECHNIQUE: JUMPS, LEAPS, AND TURNS	
6:30 - 6:45PM	15 MINUTE DINNER BREAK		
6:45- 7:30PM	12 & UP FLEXIBILITY & CONTROL	11 & UNDER HIP HOP CLASS	
7:30 - 7:45PM			

THURSDAY	ROOM B
5:00 - 8:00PM	FACTORY FORCE TEEN JAZZ CHOREO <i>w/ 10 minute break</i>