

SUMMER INTENSIVE TRAINING - *schedule outline*

monday 90 minute ballet 45 minute conditioning 60 minute Hip-Hop
60 minute jazz tech, 45 minute flexibility 60 minute Acting

tuesday 90 minute ballet 45 minute endurance/acrobatics 60 minute Tap
60 minute jazz tech, 45 minute flexibility 60 minute masterclass

wednesday 90 minute ballet 45 minute endurance/acrobatics 60 minute Hip-Hop
60 minute jazz tech, 45 minute flexibility 60 minute Acting

thursday 90 minute ballet 45 minute endurance/acrobatics 60 minute Tap
60 minute jazz tech, 45 minute flexibility 60 minute masterclass

friday 60 minute jazz tech, 45 minute endurance/acrobatics 45 minute flexibility
60 minute Hip-Hop 60 minute Acting 60 minute Tap
60 minute masterclass

27.5 total training hours