



BALLET CHICAGO®

Sample Summer Intensive Schedule

Level B1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Stretch 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00
•Repertoire 12:30 – 2:00	•Pre-Pointe 11:00 – 12:00	•Technique 11:00 – 12:30	•Repertoire 12:30 – 2:00	•Pre-Pointe 11:00 – 12:00	•Jazz 12:30 – 1:30
•Modern 2:30 – 3:30	•Spanish 3:30 – 4:30	•Pre-Pointe 12:30 – 1:30	•Modern 2:30 – 3:30	•Spanish 3:30 – 4:30	•Stretch 2:30 – 3:30
•Pilates 3:45 – 4:45	•Stretch 4:30 – 5:30	•Technique 2:30 – 4:00	•Pilates 3:45 – 4:45	•Stretch 4:30 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Level B2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Stretch 9:30 – 10:30	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00
•Repertoire 12:30 – 2:00	•Pointe 12:30 – 1:30	•Technique 11:00 – 12:30	•Repertoire 12:30 – 2:00	•Pointe 12:30 – 1:30	•Jazz 12:30 – 1:30
•Spanish 2:30 – 3:30	•Modern 3:30 – 4:30	•Pointe 12:30 – 1:30	•Spanish 2:30 – 3:30	•Modern 3:30 – 4:30	•Stretch 2:30 – 3:30
•Pilates 3:45 – 4:45	•Stretch 4:30 – 5:30	•Technique 4:00 – 5:30	•Pilates 3:45 – 4:45	•Stretch 4:30 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Level C1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•Technique 11:00 – 12:30	•Technique 11:00 – 12:30	•Technique 9:30 – 11:00	•Technique 11:00 – 12:30	•Technique 11:00 – 12:30	•Technique 11:00 – 12:30
•Pilates 12:45 – 1:45	•Spanish 1:30 – 2:30	•Stretch 11:15 – 12:15	•Pilates 12:45 – 1:45	•Spanish 1:30 – 2:30	•Modern 1:30 – 2:30
•Pointe 2:00 – 3:15	•Pointe 3:00 – 4:15	•Modern 2:30 – 3:30	•Pointe 2:00 – 3:15	•Pointe 3:00 – 4:15	•Stretch 2:30 – 3:30
•Repertoire 4:00 – 5:30	•Stretch 4:30 – 5:30	•Technique on Pointe 4:00 – 5:30	•Repertoire 4:00 – 5:30	•Jazz 4:30 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Level C2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00	•Technique 9:30 – 11:00
•Technique on Pointe 12:30 – 2:00	•Spanish 12:30 – 1:30	•Repertoire 12:30 – 2:30	•Technique on Pointe 12:30 – 2:00	•Spanish 12:30 – 1:30	•Repertoire 12:30 – 2:00
•Pointe 3:15 – 4:30	•Stretch 1:45 – 2:45	•Modern 3:30 – 4:30	•Pointe 3:15 – 4:30	•Stretch 1:45 – 2:45	•Modern 2:30 – 3:30
•Gyrokinesis 4:45 – 5:45	•Pas de Deux 4:00 – 5:30	•Stretch 4:45 – 5:45	•Gyrokinesis 4:45 – 5:45	•Pas de Deux 4:00 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Level C3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
•Gyrokinesis 9:30 – 11:00	•Technique 11:00 – 12:30	•Technique 11:00 – 12:30	•Gyrokinesis 9:30 – 11:00	•Technique 11:00 – 12:30	•Gyrokinesis 9:30 – 11:00
•Technique 11:00 – 2:30	•Stretch 12:45 – 1:45	•Stretch 12:45 – 1:45	•Technique 11:00 – 2:30	•Stretch 12:45 – 1:45	•Technique 11:00 – 2:30
•Repertoire 2:00 – 4:00	•Pointe 2:30 – 4:00	•Technique on Pointe 2:30 – 4:00	•Repertoire 2:00 – 4:00	•Pointe 2:30 – 4:00	•Pas de Deux 2:00 – 3:30
•Spanish 4:30 – 5:30	•Modern 4:15 – 5:30	•Pas de Deux 4:00 – 5:30	•Spanish 4:30 – 5:30	•Modern 4:15 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Level D

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• <i>Gyrokenesis</i> 9:30 – 11:00	• <i>Technique</i> 11:00 – 12:30	• <i>Technique</i> 11:00 – 12:30	• <i>Gyrokenesis</i> 9:30 – 11:00	• <i>Technique</i> 11:00 – 12:30	• <i>Gyrokenesis</i> 9:30 – 11:00
• <i>Technique</i> 11:00 – 2:30	• <i>Stretch</i> 12:45 – 1:45	• <i>Stretch</i> 12:45 – 1:45	• <i>Technique</i> 11:00 – 2:30	• <i>Stretch</i> 12:45 – 1:45	• <i>Technique</i> 11:00 – 2:30
• <i>Repertoire</i> 2:00 – 4:00	• <i>Pointe</i> 2:30 – 4:00	• <i>Technique on Pointe</i> 2:30 – 4:00	• <i>Repertoire</i> 2:00 – 4:00	• <i>Pointe</i> 2:30 – 4:00	• <i>Pas de Deux</i> 2:00 – 3:30
• <i>Spanish</i> 4:30 – 5:30	• <i>Modern</i> 4:15 – 5:30	• <i>Pas de Deux</i> 4:00 – 5:30	• <i>Spanish</i> 4:30 – 5:30	• <i>Modern</i> 4:15 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45

Men's Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• <i>Technique</i> 11:00 – 12:30	• <i>Technique</i> 11:00 – 12:30	• <i>Stretch</i> 9:30 – 10:30	• <i>Technique</i> 11:00 – 12:30	• <i>Technique</i> 11:00 – 12:30	• <i>Weight Training</i> 10:30 – 11:30
• <i>Weight Training</i> 12:45 – 1:45	• <i>Repertoire</i> 12:30 – 2:00	• <i>Technique</i> 11:00 – 12:30	• <i>Weight Training</i> 12:45 – 1:45	• <i>Repertoire</i> 12:30 – 2:00	• <i>Technique</i> 12:30 – 2:00
• <i>Spanish</i> 3:30 – 4:30	• <i>Modern</i> 2:30 – 3:30	• <i>Repertoire</i> 1:30 – 3:30	• <i>Spanish</i> 3:30 – 4:30	• <i>Modern</i> 2:30 – 3:30	• <i>Pas de Deux</i> 2:00 – 3:30
• <i>Stretch</i> 4:30 – 5:30	• <i>Pas de Deux</i> 4:00 – 5:30	• <i>Pas de Deux</i> 4:00 – 5:30	• <i>Stretch</i> 4:30 – 5:30	• <i>Pas de Deux</i> 4:00 – 5:30	
	Student Seminar 5:45 – 6:45				Student Seminar 3:45 – 4:45