

## Metropolitan Youth Ballet Senior Summer Intensive Week 1 Sample Schedule\*

### Week 1

#### **Monday**

Ballet Technique 9:30 - 11:30  
Women's Pointe/Men's Technique 11:30 - 12:30  
*Lunch 12:30 - 1:00*  
Pas de deux 1:00 - 2:00  
Modern 2:00 - 3:00  
Repertory 3:00 - 4:30

#### **Tuesday**

Ballet Technique 9:30 - 11:30  
Women's Pointe/Men's Technique 11:30 - 12:30  
*Lunch 12:30 - 1:00*  
Classical Variations 1:00 - 2:00  
Character 2:00 - 3:00  
Repertory 3:00 - 4:30

#### **Wednesday**

Ballet Technique 9:30 - 11:30  
Women's Pointe/Men's Technique 11:30 - 12:30  
*Lunch 12:30 - 1:00*  
Jazz 1:00 - 2:00  
Modern 2:00 - 3:00  
Repertory 3:00 - 4:30

#### **Thursday**

Ballet Technique 9:30 - 11:30  
Women's Pointe/Men's Technique 11:30 - 12:30  
*Lunch 12:30 - 1:00*  
Pilates 1:00 - 2:00  
Improv 2:00 - 3:00  
Repertory 3:00 - 4:30

#### **Friday**

Ballet Technique 9:30 - 11:30  
Women's Pointe/Men's Technique 11:30 - 12:30  
*Lunch 12:30 - 1:00*  
Modern 1:00 - 2:00  
Dance History 2:00 - 3:00  
Repertory 3:00 - 4:30  
**In-Studio Performance 5:00 - 5:30**

\*Sample schedule only - classes and timing are subject to change.