

# The **FLEDGLING** Programme



**Tuesday - Saturday** 5 day week training block two outline. Please note that the below may be adjusted in line with your individual programme agreed upon goals.

## **Tuesday**

10:00am - 10:45am Conditioning

11:00am - 12:30pm Classical class

12:30pm - 1:00pm Stretch

5:45 pm - 7:00 pm Classical Classical technique class

7:00 pm - 8:00pm Variations and classical repertoire coaching

## **Wednesday**

10:00 am - 12:00pm Classical class

12:45 pm - 2:00pm Pointe work

2:15 pm - 3:00pm Coaching

3:30 - 4:30pm Pilates reformer

*\*Optional advanced jazz open 6:30 - 7:15 pm and open advanced lyrical/contemporary 7:15 - 8pm @Levings School of Dance. Extra cost of \$280 per term for both these classes or \$180/class.*

*\*Optional extra classical class 7:30 - 8:30 pm*

## **Thursday**

10:00am - 12:00pm Classical class

12:45 pm - 2:00pm Pointe work

2:15 pm - 3:00pm Coaching

5:30 - 7pm classical technique and coaching with a focus on pointe work.

## **Friday**

9:00 am - 10:00 am Gyrotonics

10:30am - 12:30 pm Classical class

1:00pm - 2:30pm Contemporary

2:30pm - 3:15 pm Pointe/coaching

3:30pm - 4:15 pm Self practice time

4:30pm - 5:30 pm Musicality

## **Saturday**

1:00pm - 2:00pm Swimming/conditioning session

2:30pm - 3:30pm Lecture

4:30pm - 6:30 pm Classical class