

SARASOTA BALLET

MBC 4 SCHEDULE 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		5:00-6:30 pm TECHNIQUE	5:15-6:45 pm TECHNIQUE
		6:30-7:30 pm MODERN	6:45-7:45 pm POINTE
THURSDAY	FRIDAY	SATURDAY	
5:15-6:45 pm TECHNIQUE	5:15-6:45 pm TECHNIQUE	9:30-11:00 am TECHNIQUE	
6:45-7:45 pm ALLEGRO	6:45-7:45 pm POINTE/STRETCH AND STRENGTH	11:00-12:00 pm VARIATIONS/REPertoire	
		12:30-1:30 pm PILATES	
		1:30-3:00 pm REHEARSAL AS CALLED	

SARASOTA BALLET

MBC 5 SCHEDULE 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	4:00-5:30 pm TECHNIQUE	3:45-5:15 pm TECHNIQUE	4:00-5:30 pm TECHNIQUE
	5:30-6:30 pm POINTE	5:15-6:15 pm MODERN	5:30-6:30 pm POINTE
	6:30-7:30 pm PAS DE DEUX	6:30-7:30 pm REHEARSAL AS CALLED	
THURSDAY	FRIDAY	SATURDAY	
4:00-5:30 pm TECHNIQUE	4:00-5:30 pm TECHNIQUE	9:30-11:00 am TECHNIQUE	
5:30-6:30 pm POINTE	5:30-6:30 pm POINTE	11:00-12:00 pm VARIATIONS/REPertoire	
6:30-7:30 pm REP SKILLS	6:30-7:30 pm VARIATIONS	12:30-1:30 pm PILATES	
		1:30-3:00 pm REHEARSAL AS CALLED	

SARASOTA BALLET

MBC 6 & 7 SCHEDULE 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	2:30-4:00 pm TECHNIQUE	2:30-4:00 pm TECHNIQUE	2:30-4:00 pm TECHNIQUE
	4:00-5:00 pm POINTE	4:00-5:00 pm VARIATIONS	4:00-5:00 pm ALLEGRO
	5:15-6:15 pm PAS DE DEUX	5:15-6:15 pm MODERN	5:15-6:15 pm PAS DE DEUX
		6:30-7:30 pm REHEARSAL AS CALLED	
THURSDAY	FRIDAY	SATURDAY	
2:45-4:15 pm TECHNIQUE	2:30-4:00 pm TECHNIQUE	9:30-11:00 am TECHNIQUE	
4:15-5:00 PM CENTRE ON POINTE	4:00-5:00 pm POINTE	11:00-12:00 pm VARIATIONS/REPertoire	
5:15-6:15 pm VARIATIONS	5:00-6:00 pm MODERN	12:30-1:30 pm PILATES	
6:30-7:30 pm REP SKILLS		1:30-3:00 pm REHEARSAL AS CALLED	

SARASOTA BALLET

TRAINEE SCHEDULE 2019-2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	9:30-11:00 am TECHNIQUE	9:30-11:00 am TECHNIQUE	9:30-11:00 am TECHNIQUE
	11:15-12:15 pm POINTE/MEN'S	11:15-12:15 pm POINTE/MEN'S	11:15-12:15 pm POINTE/MEN'S
	12:30-1:30 pm VARIATIONS	12:30-1:30 pm PAS DE DEUX	12:30-1:30 pm STRETCH AND STRENGTH
	2:30-4:00 pm CONDITIONING	3:00-4:00 pm MODERN	2:00-3:30 pm TECHNIQUE
	5:15-6:15 pm PAS DE DEUX (MEN ONLY)		5:15-6:15 pm PAS DE DEUX (MEN ONLY)
THURSDAY	FRIDAY	SATURDAY	
9:30-11:00 am TECHNIQUE	9:30-11:00 am TECHNIQUE	9:30-11:00 am TECHNIQUE	
11:15-12:15 pm PAS DE DEUX	11:15-12:15 pm POINTE/MEN'S	11:00-12:00 pm VARIATIONS/REPertoire	
12:30-1:30 pm STRETCH AND STRENGTH	12:30-1:30 pm REHEARSAL AS CALLED		
2:45-4:00 pm TECHNIQUE	3:00-4:00 pm MODERN		
	4:00-5:00 pm PILATES		