



WR

June 2026 WORKSHOPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	6
7	8	9	10	11	12	13	
		<i>Int/Adv</i> Tumbling For dancers <i>Ages 13-17 (Alanatis) 5:00-6:30</i>					
14	15	16	17	18	19	20	
		<i>Int/Adv</i> Tumbling For dancers <i>Ages 13-17 (Alanatis) 5:00-6:30</i>					
21	22	23	24	25	26	27	
28	29	30					



July 2026 WORKSHOPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
		<i>Beginning</i> ADULT Jazz (Alanatis) 7:00-8:30pm				CECCHETTI Grade 1 Workshop (Audrey) 2:30-4:00pm	
19	20	21	22	23	24	25	
		<i>Intro</i> ADULT Heels Jazz (Alanatis) 7:00-8:30pm				CECCHETTI Grade 1 Workshop (Audrey) 2:30-4:00pm	
26	27	28	29	30	31		
						CECCHETTI Grade 1 Workshop (Audrey) 2:30-4:00pm	



WEEKLY CLASSES

4 weeks, June 1-July 4

**IN-STUDIO
SCHEDULE**

**no class the week of June 21-27 unless otherwise noted*

M

T

W

Th

F

Sa

**EVENINGS IN
WHITE ROCK**

Beg/Int

Jazz

Ages 8-12

(Alanatis)

5:00-6:00

Beg/Int

Tumbling for

Dancers

Ages 8-12

(Alanatis)

6:00-7:00

ADULT

Jazz

(Alanatis)

7:00-8:00pm

**EVENINGS IN
WHITE ROCK**

Beginning

ADULT PBT

(Audrey)

4:30-5:30pm

Int/Adv

ADULT PBT

(Audrey)

5:30-6:30pm

Level 1, 1/2, 2

PBT

(Audrey)

6:30-7:30pm

Level 3/4/5

PBT

(Audrey)

7:30-8:30pm

**EVENINGS IN
LOS ALAMOS**

Beg/Int

Hip Hop

Ages 8-12

(Alanatis)

5:00-6:00

Int/Adv

Hip Hop

Ages 13+

(Alanatis)

6:00-7:00

ADULT

Hip Hop

(Alanatis)

7:00-8:00pm

SCHEDULE IS SUBJECT TO CHANGE



WHERE LEAPS ARE MADE

Weekly Classes

8 weeks, June 1-August 1

**no class the week of June 21-27 unless otherwise noted*

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

WHITE ROCK

Creative Movement
(Natalie - June)
(Hannah - July)
10:00-10:30

Dance Exploration
(Natalie - June)
(Hannah - July)
10:30-11:00

Pre-Ballet/Hip Hop Combo
(Natalie - June)
(Hannah - July)
11:00-12:00

WHITE ROCK
Beginning Adult
ADULT Ballet
(Rachel)
5:30-6:30pm

Int./Adv.
ADULT Ballet
(Rachel)
6:30-8:00 pm

ADULT Pointe
(Rachel)
8:00-8:30pm

LOS ALAMOS
Adaptive Dance
Age 8-12
(Karina/Isabella)
4:30-5:00 pm

Beg/Int
Tap
(Isabella/Karina)
5:00-5:45pm

Adaptive Dance
Age 13+
(Karina/Isabella)
5:45-6:30pm

Int./Adv.
Tap
(Isabella)
6:30-7:30pm

ADULT Tap
(Isabella)
6:30-7:30pm

LOS ALAMOS
Dance
Exploration
(Chloe)
10:00-10:30am

Pre-Ballet
(Chloe)
10:30-11:15m

Creative Movement
(Chloe)
11:15-11:45

WHITE ROCK
Int./Adv. Adult
ADULT Ballet
(Rachel)
9:45-11:00 am

ADULT Pointe
(Rachel)
11:00-11:30pm

Intermediate Beginner
ADULT Ballet
(Rachel)
11:30-12:30 pm

WHITE ROCK
Creative Movement
(Allison - June)
(Natalie - July)
4:45-5:15

Dance Exploration
(Allison - June)
(Natalie - July)
5:15-5:45

Pre-Ballet
(Allison - June)
(Natalie - July)
5:45-6:30

LOS ALAMOS
Creative Movement
(Karina)
4:45-5:15

Dance Exploration
(Karina)
5:15-5:45

Pre-Ballet/Tap Combo
(Karina)
5:45-6:45

SCHEDULE IS SUBJECT TO CHANGE



WHERE LEAPS ARE MADE

BALLET 1, 1/2, 2

DD

White Rock Studio B

111 Longview Drive, White Rock

June 8-13, 2026

Ballet Boot Camp

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

Ballet Technique
(Karina)
12:30-1:45 pm

Snack Break
1:45-2:00pm

Ballet Vocabulary
(Karina)
2:00-2:30pm

Pre-Pointe Strength & Skills
(Karina)
2:30-3:15pm

Snack Break
3:15-3:30pm

Variations
(Karina)
3:30-4:30pm

Ballet Technique
(Natalie)
12:30-1:45 pm

Snack Break
1:45-2:00pm

Ballet Vocabulary
(Natalie)
2:00-2:30pm

Pre-Pointe Strength & Skills
(Natalie)
2:30-3:15pm

Snack Break
3:15-3:30pm

Variations
(Natalie)
3:30-4:30pm

PBT
(Hannah)
12:30-1:30 pm

Snack Break
1:30-1:45pm

Ballet Technique
(Hannah)
1:45-3:15pm

Snack Break
3:15-3:30pm

Balance, Adagio, and Turn Skills
(Hannah)
3:30-4:30pm

Ballet Technique
(Allison)
12:30-1:45 pm

Snack Break
1:45-2:00pm

Jumps and Leaps Allegro Skills
(Allison)
2:00-2:30pm

Warm ups & Injury Prevention
(Allison)
2:30-3:15pm

Snack Break
3:15-3:30pm

Variations
(Allison)
3:30-4:30pm

Dance History
(Jonathan)
12:30-1:30 pm

Ballet Technique
(Jonathan)
1:30-2:45

Snack Break
2:45-3:00pm

Pas de Deux
(Jonathan)
3:00-4:30pm

Warm Ups & Ballet Technique
(Allison)
12:30-1:30pm

Snack Break
1:30-1:45pm

Rehearsal
(Allison)
1:45-3:45

Snack Break
3:45-4:00pm

Mini-Performance
(Allison)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



BALLET 3

WRB

DALA Downtown
1650 Trinity Drive Suite 115

June 8-13, 2026
Ballet Boot Camp

**IN-STUDIO
SCHEDULE**

M

Dance History
(Jonathan)
12:30-1:30 pm

**Ballet
Technique**
(Jonathan)
1:30-3:00

Pas de Deux
(Jonathan)
3:00-4:30pm

T

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

**Pointe Shoe
Seminar**
(Rachel)
2:00-2:30 pm

**Pointe
Technique**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30pm

W

Auditions!
(Jonathan)
12:30-1:30 pm

**Ballet
Technique**
(Jonathan)
1:30-3:00

Pas de Deux
(Jonathan)
3:00-4:30pm

Th

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

**Corps de
Ballet Skills**
(Rachel)
2:00-2:30 pm

**Pointe
Technique**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30pm

F

Yoga
(Karina)
12:30-1:30 pm

**Ballet
Technique**
(Karina)
1:30-3:00 pm

**Pointe
Technique**
(Karina)
3:00-3:30pm

**Balance,
Adagio, and
Turn Skills**
(Karina)
3:30-4:30 pm

Sa

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

Rehearsal
(Rachel)
2:00-4:00pm

**Mini-
Performance**
(Rachel)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



WHERE LEAPS ARE MADE

BALLET 4/5

WRA

White Rock Studio A

111 Longview Drive, White Rock

June 8-13, 2026

Ballet Boot Camp

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

**Petit Allegro
Skills**
(Rachel)
2:00-2:30 pm

**Pointe
Technique**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30pm

Dance History
(Jonathan)
12:30-1:30 pm

**Ballet
Technique**
(Jonathan)
1:30-3:00

Pas de Deux
(Jonathan)
3:00-4:30pm

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

**Grand Allegro
Skills**
(Rachel)
2:00-2:30 pm

**Pointe
Technique**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30pm

Auditions!
(Jonathan)
12:30-1:30 pm

**Ballet
Technique**
(Jonathan)
1:30-3:00

Pas de Deux
(Jonathan)
3:00-4:30pm

**Ballet
Technique**
(Rachel)
12:30-2:00 pm

**Auditions
Seminar**
(Rachel)
2:00-2:30 pm

**Pointe
Technique**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30pm

**Ballet
Technique**
(Jonathan)
12:30-2:00 pm

**Rehearsal
Skills**
(Jonathan)
2:00-4:00pm

**Mini-
Performance**
(Jonathan)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



WHERE LEAPS ARE MADE

MODERN 1 AND 2



DALA Downtown

1650 Trinity Drive Suite 115

June 15-20, 2026
Modern Dance Project

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

Modern Technique
(Karina)
12:30-1:45pm

Snack Break
1:45-2:00pm

Composition & Choreography
(Karina)
2:00-4:30pm

Contemporary Technique
(Rachel)
12:30-1:30 pm

Snack Break
1:30-1:45pm

Partnering
(Rachel)
1:45-2:45 pm

Snack Break
2:45-3:00pm

Contemporary Repertoire
(Rachel)
3:00-4:30pm

Warm ups & Injury Prevention
(Jonathan)
12:30-1:00 pm

Modern Technique
(Jonathan)
1:00-2:00pm

Snack Break
2:00-2:15pm

Improvisation
(Jonathan)
2:15-3:15pm

Snack Break
3:15-3:30pm

Modern Repertoire
(Jonathan)
3:30-4:30pm

Contemporary Technique
(Hannah)
12:30-1:30 pm

Snack Break
1:30-1:45pm

Inversions/ Tumbling
(Hannah)
1:45-2:45 pm

Snack Break
2:45-3:00pm

Contemporary Repertoire
(Hannah)
3:00-4:30pm

Warm ups & Injury Prevention
(Allison)
12:30-1:00 pm

Modern Technique
(Allison)
1:00-2:00pm

Snack Break
2:00-2:15pm

Contact Improvisation
(Allison)
2:15-3:15pm

Snack Break
3:15-3:30pm

Modern Repertoire
(Allison)
3:30-4:30pm

Warm up with Contemporary Technique
(Karina)
12:30-1:30 pm

Snack Break
1:30-1:45pm

Rehearsal
(Karina)
1:45-3:45pm

Snack Break
3:45-4:00pm

Mini-Performance
(Karina)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A
111 Longview Drive, White Rock

June 15-20, 2026
Modern Dance Project

**IN-STUDIO
SCHEDULE**

M

T

W

Th

F

Sa

Fundamentals of West African Dance
(Elana)
12:30-1:30pm

Horton Modern Technique
(Elana)
1:30-3:00pm

Horton Repertoire
(Elana)
3:00-4:30pm

Warm ups & Injury Prevention
(Allison)
12:30-1:00 pm

Modern Technique
(Allison)
1:00-2:30pm

Contact Improvisation
(Allison)
2:30-3:30pm

Modern Repertoire
(Allison)
3:30-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

Contemporary Technique
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

Contemporary Repertoire
(Karina)
3:00-4:30pm

Modern Technique
(Allison)
12:30-2:00 pm

Composition and Composition
(Allison)
2:00-3:30pm

Modern Repertoire
(Allison)
3:30-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

Contemporary Technique
(Karina)
1:00-2:30 pm

Improvisation
(Karina)
2:30-3:00 pm

Contemporary Repertoire
(Karina)
3:00-4:30pm

Modern Technique
(Jonathan)
12:30-2:00pm

Partnering
(Jonathan)
2:00-3:00pm

Combined Horton Repertoire Rehearsal
(Elana)
3:00-4:00pm

Combined Mini-In Studio Performance
(Elana)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio B
111 Longview Drive, White Rock

June 15-20, 2026
Modern Dance Project

**IN-STUDIO
SCHEDULE**

M

T

W

Th

F

Sa

Warm Ups & Injury Prevention
(Allison)
12:30-1:00pm

Modern Technique
(Allison)
1:00-2:30 pm

Partnering
(Allison)
2:30-3:00m

Composition & Choreography
(Allison)
3:00-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

Contemporary Technique
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

Contemporary Repertoire
(Karina)
3:00-4:30pm

Warm Ups & Injury Prevention
(Allison)
12:30-1:00pm

Modern Technique
(Allison)
1:00-2:30 pm

Improvisation
(Allison)
2:30-3:00m

Composition & Choreography
(Allison)
3:00-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

Contemporary Technique
(Karina)
1:00-2:30 pm

Contact Improvisation
(Karina)
2:30-3:00 pm

Contemporary Repertoire
(Karina)
3:00-4:30pm

Fundamentals of West African Dance
(Elana)
12:30-1:30pm

Horton Modern Technique
(Elana)
1:30-3:00pm

Horton Repertoire
(Elana)
3:00-4:30pm

Horton Modern Technique
(Elana)
12:30-2:00pm

Fundamentals of West African Dance
(Elana)
2:00-3:00pm

Combined Horton Repertoire Rehearsal
(Elana)
3:00-4:00pm

Combined Mini-In Studio Performance
(Elana)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



BEG/INT JAZZ

DD

DALA Downtown
1650 Trinity Drive Suite 115

June 22-27, 2026
Jazz Movement Studies

**IN-STUDIO
SCHEDULE**

M

Rhythm & Musicality
(Isabella)
12:30-1:30pm

Snack Break
1:30-1:45pm

Jazz Technique
(Isabella)
1:45-2:45pm

Snack Break
2:45-3:00pm

Musical Theater Repertoire
(Isabella)
3:00-4:30pm

T

Tumbling for Dancers
(Alanatis)
12:30-1:30pm

Snack Break
1:30-1:45pm

Hip Hop Technique
(Alanatis)
1:45-2:45pm

Snack Break
2:45-3:00pm

Hip Hop Repertoire
(Alanatis)
3:00-4:30pm

W

Tumbling for Dancers
(Alanatis)
12:30-1:30pm

Snack Break
1:30-1:45pm

Hip Hop Technique
(Alanatis)
1:45-2:45pm

Snack Break
2:45-3:00pm

Hip Hop Repertoire
(Alanatis)
3:00-4:30pm

Th

Jazz Technique
(Tara)
12:30-1:30pm

Snack Break
1:30-1:45pm

Stretch & Strengthen
(Tara)
1:45-2:45pm

Snack Break
2:45-3:00pm

Character Jazz Repertoire
(Tara)
3:00-4:30pm

F

Injury Prevention
(Charlotte)
12:30-1:30pm

Snack Break
1:30-1:45pm

Jazz Technique
(Jonathan)
1:45-2:45pm

Snack Break
2:45-3:00pm

Swing Repertoire
(Jonathan)
3:00-4:30pm

Sa

Jazz Technique
(Tara)
12:30-1:30pm

Snack Break
1:30-1:45pm

Rehearsal
(Tara)
1:45-3:45pm

Snack Break
3:45-4:00pm

Mini-Performance
(Tara)
4:00-4:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A June 22-27, 2026
111 Longview Drive, White Rock Jazz Movement Studies

**IN-STUDIO
SCHEDULE**

M

Tumbling for Dancers
(Alanatis)
12:30-1:30pm

Hip Hop Technique
(Alanatis)
1:30-3:00pm

Hip Hop Repertoire
(Alanatis)
3:00-4:30pm

T

Stretch & Strengthen
(Tara)
12:30-1:30pm

Jazz Technique
(Tara)
1:30-3:00pm

Character Jazz Repertoire
(Tara)
3:00-4:30pm

W

Hip Hop Technique
(Hannah)
12:30-1:30pm

Kicks & Tricks
(Hannah)
1:30-3:00pm

Musical Theater Jazz Repertoire
(Hannah)
3:00-4:30pm

Th

Injury Prevention
(Charlotte)
12:30-1:30pm

Jazz Technique
(Alanatis)
1:30-3:00pm

Jazz Repertoire
(Alanatis)
3:00-4:30pm

F

Rhythm & Musicality
(Isabella)
12:30-1:30pm

Jazz Technique
(Isabella)
1:30-3:00pm

Jazz Repertoire
(Isabella)
3:00-4:30pm

Sa

Jazz Technique
(Isabella)
12:30-2:00pm

Rehearsal
(Isabella)
2:00-4:00pm

Mini-Performance
(Isabella)
4:00-4:30pm



Adult **Mixed Rep** Intensive

DD

OPEN LEVEL

June 22-27, 2026

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

**Full Body
Conditioning**
(Allison)
5:30-6:30 pm

**Modern
Technique**
(Allison)
6:30-7:30 pm

**Modern
Repertoire**
(Allison)
7:30-8:30pm

Tumbling
(Alanatis)
5:30-6:30 pm

**Jazz
Technique**
(Alanatis)
6:30-7:30 pm

**Jazz
Repertoire**
(Alanatis)
7:30-8:30pm

**Injury
Prevention**
(Charlotte)
5:30-6:30pm

**Hip Hop
Technique**
(Alanatis)
6:30-7:30 pm

**Hip Hop
Repertoire**
(Alanatis)
7:30-8:30pm

**Rhythm and
Musicality**
(Isabella)
5:30-6:30 pm

**Tap
Technique**
(Isabella)
6:30-7:30 pm

**Tap
Repertoire**
(Isabella)
7:30-8:30pm

PBT
(Audrey)
5:30-6:30 pm

**Contemporary
Technique**
(Rachel)
6:30-7:30 pm

**Contemporary
Repertoire**
(Rachel)
7:30-8:30pm

**Flamenco
Technique**
(Tamara)
1:00-2:00 pm

**Flamenco
Repertoire**
(Tamara)
2:00-3:00pm

**Flamenco
History**
(Tamara)
3:00-4:00pm

SCHEDULE IS SUBJECT TO CHANGE



Adult Ballet Intensive

WRA

BEGINNING/
INTERMEDIATE

July 6-11, 2026

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet
(Rachel)
9:30-11:00 pm

Rehearsal
(Rachel)
11:00-12:00 pm

In Studio Performance
(Rachel)
12:00-12:30Pm

Ballet
(Rachel)
5:30-7:00 pm

Pointe Strengthening
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:45-8:30pm

PBT
(Audrey)
5:30-6:30 pm

Ballet
(Audrey)
6:30-8:00 pm

Petit Allegro Skills
(Audrey)
8:00-8:30pm

Strength/Stretch
(Karina)
5:30-6:30 pm

Ballet
(Karina)
6:30-8:00 pm

Variations
(Karina)
8:00-8:30pm

Floor Barre
(Jonathan)
5:30-6:30 pm

Ballet
(Jonathan)
6:30-8:00pm

Mechanics of Turns
(Jonathan)
8:00-8:30pm

Ballet
(Karina)
5:30-7:00 pm

Pointe Strengthening
(Karina)
7:00-7:30 pm

Variations
(Karina)
7:45-8:30pm

SCHEDULE IS SUBJECT TO CHANGE



Adult Ballet Intensive

WRB

INTERMEDIATE/
ADVANCED
LEVEL

July 6-11, 2026

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet
(Jonathan)
9:30-11:00 pm

Rehearsal
(Jonathan)
11:00-12:00 pm

In Studio Performance
(Jonathan)
12:00-12:30Pm

Ballet
(Jonathan)
5:30-7:00 pm

Pointe Strengthening
(Jonathan)
7:00-7:30 pm

Variations
(Jonathan)
7:45-8:30pm

Ballet
(Rachel)
5:30-7:00 pm

Pointe Strengthening
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:45-8:30pm

Yoga
(Jonathan)
5:30-6:30 pm

Ballet
(Jonathan)
6:30-8:00 pm

Mechanics of Turns
(Jonathan)
8:00-8:30pm

PBT
(Audrey)
5:30-6:30 pm

Ballet
(Rachel)
6:30-8:00 pm

Petit Allegro Skills
(Rachel)
8:00-8:30pm

Ballet
(Rachel)
5:30-7:00 pm

Pointe Strengthening
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:45-8:30pm

SCHEDULE IS SUBJECT TO CHANGE



THE YAGP EXPERIENCE BALLET 1/2 AND 2

WRA

White Rock Studio A
111 Longview Drive, White Rock

July 6-11, 2026

**IN-STUDIO
SCHEDULE**

M

T

W

Th

F

Sa

MEETING
(Jonathan/Rachel)
12:30-1:00 pm

Ballet
(Jonathan)
1:00-2:30 pm

Variations
(Jonathan)
2:45-4:30 pm

Conditioning
(Karina)
12:30-1:00 pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

**Contemporary
Solos**
(Karina)
2:45-4:30 pm

Floor Barre
(Rachel)
12:30-1:00 pm

**Ballet
Technique**
(Rachel)
1:00-2:30 pm

**Variations
Coaching**
(Rachel)
2:45-4:30 pm

Conditioning
(Karina)
12:30-1:00 pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

**Contemporary
Solos
Coaching**
(Karina)
2:45-4:30 pm

Ballet
(Rachel)
12:30-2:00 pm

**Group
Rehearsal**
(Jonathan/Rachel)
2:00-4:00 pm

MEETING
(Jonathan/Rachel)
4:00-4:30 pm

**Hallway Warm
Up**
(Jonathan)
12:30-1:30 pm

**Dress
Rehearsal**
(Jonathan/Rachel)
1:30-3:00 pm

**Mock
Competition -
Classical**
(Jonathan/Rachel)
3:00-3:45pm

**Mock
Competition -
Contemporary**
(Jonathan/Rachel)
3:45-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



THE YAGP EXPERIENCE BALLET 3, 4, AND 5

WRB

White Rock Studio A
111 Longview Drive, White Rock

July 6-11, 2026

**IN-STUDIO
SCHEDULE**

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MEETING
(Rachel/Jonathan)
12:30-1:00 pm

**Contemporary
Technique**
(Rachel)
1:00-2:30 pm

**Contemporary
Solos**
(Rachel)
2:45-4:30 pm

Floor Barre
(Rachel)
12:30-1:00 pm

**Ballet
Technique**
(Rachel)
1:00-2:30 pm

Variations
(Rachel)
2:45-4:30 pm

Conditioning
(Karina)
12:30-1:00 pm

**Modern
Technique**
(Karina)
1:00-2:30 pm

**Contemporary
Solos
Coaching**
(Karina)
2:45-4:30 pm

Ballet
(Jonathan)
12:30-2:00 pm

Pointe
(Jonathan)
2:00-2:30 pm

**Variations
Coaching**
(Jonathan)
3:15-4:30 pm

Ballet
(Jonathan)
12:30-2:00 pm

**Group
Rehearsal**
(Jonathan/Rachel)
2:00-4:00 pm

MEETING
(Jonathan/Rachel)
4:00-4:30 pm

**Hallway Warm
Up**
(Jonathan)
12:30-1:30 pm

**Dress
Rehearsal**
(Jonathan/Rachel)
1:30-3:00 pm

**Mock
Competition -
Classical**
(Jonathan/Rachel)
3:00-3:45pm

**Mock
Competition -
Contemporary**
(Jonathan/Rachel)
3:45-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



ASPIRATIONS

BALLET I, I/2, AND 2

White Rock Studio A

111 Longview Drive, White Rock

3 weeks

**register for all 3 weeks or attend drop ins*
July 13-August 1, 2026

IN-STUDIO
SCHEDULE

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**LOS ALAMOS
Modern**
(Karina - July 13
Allison - July 20
Hannah - July 27)
5:30-6:15pm

**Choreography
& Composition**
(Karina - July 13
Allison - July 20
Hannah - July 27)
6:15-6:45 pm

Contemporary
(Karina - July 13
Allison - July 20
Hannah - July 27)
6:45-7:30 pm

**WHITE ROCK
PBT**
(Audrey)
5:30-6:00pm

Ballet
(Audrey)
6:00-7:00pm

Variations
(Audrey)
7:00-7:30pm

**LOS ALAMOS
Jazz**
(Alanatis)
5:30-6:15 pm

**Tumbling for
Dancers**
(Alanatis)
6:15-6:45 pm

Hip Hop
(Alanatis)
6:45-7:30 pm

**WHITE ROCK
Ballet**
(Rachel)
5:30-6:30pm

Pre-Pointe
(Rachel)
6:30-7:30pm

SCHEDULE IS SUBJECT TO CHANGE



ASPIRATIONS BALLET 3, 4, AND 5

WRB

White Rock Studio A

111 Longview Drive, White Rock

3 weeks

**register for all 3 weeks or attend drop ins*
July 13-August 1, 2026

IN-STUDIO SCHEDULE

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Sa

Jazz
(Alanatis)
5:30-6:30pm

Tumbling for Dancers
(Alanatis)
6:30-7:30 pm

Hip Hop
(Alanatis)
7:30-8:30 pm

Ballet
(Rachel)
5:30-7:00 pm

Pointe Technique
(Rachel)
7:00-7:30 pm

Pas/Variations
(Rachel)
7:30-8:30pm

**Pilates/Yoga/
Conditioning**
(Karina - July 15
Allison - July 22
Hannah - July 29)
5:30-6:00pm

**Contemporary/
Modern**
(Karina - July 15
Allison - July 22
Hannah - July 29)
6:00-7:30 pm

**Choreography
& Improv**
(Karina - July 15
Allison - July 22
Hannah - July 29)
7:30-8:30 pm

PBT
(Audrey)
5:30-6:30 pm

Ballet
(Audrey)
6:30-8:00 pm

Pointe Strengthening
(Audrey)
8:00-8:30 pm

Ballet
(Rachel)
5:30-7:00 pm

Pointe Technique
(Rachel)
7:00-7:30 pm

Classical Repertoire
(Rachel)
7:30-8:30pm

SCHEDULE IS SUBJECT TO CHANGE