



# 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>OPEN</i> <b>Tumbling For dancers</b> <i>Ages 8-18 (Alanatis) 5:00-6:30</i>					
14	15	16	17	18	19	20	
		<i>OPEN</i> <b>Tumbling For dancers</b> <i>Ages 8-18 (Alanatis) 5:00-6:30</i>					
21	22	23	24	25	26	27	
28	29	30					

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> <b>ADULT</b> <b>"Sweet &amp; Sassy"</b> <b>Jazz</b> (Alanatis) 7:00-8:30pm				<b>CECCHETTI</b> <b>Grade 1</b> <b>Workshop</b> (Audrey) 2:30-4:00pm	
19	20	21	22	23	24	25	
		<i>Beginning</i> <b>ADULT</b> <b>Heels Jazz</b> (Alanatis) 7:00-8:30pm				<b>CECCHETTI</b> <b>Grade 1</b> <b>Workshop</b> (Audrey) 2:30-4:00pm	
26	27	28	29	30	31		
						<b>CECCHETTI</b> <b>Grade 1</b> <b>Workshop</b> (Audrey) 2:30-4:00pm	



# WEEKLY CLASSES

**4 weeks, June 1-July 4**

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

**IN-STUDIO  
SCHEDULE**

**M**

**T**

**W**

**Th**

**F**

**Sa**

**AFTERNOONS IN  
LOS ALAMOS  
(JULY ONLY -  
JULY 10-31)  
OPEN  
ADULT PBT  
(Audrey)  
12:00-1:00pm**

**EVENINGS IN  
WHITE ROCK**

*Beg/Int*  
**Tumbling for  
Dancers**  
*Ages 8-12  
(Alanatis)*  
6:00-7:00

**ADULT  
Jazz**  
*(Alanatis)*  
7:00-8:00pm

**EVENINGS IN  
WHITE ROCK**  
*OPEN*  
**ADULT PBT**  
*(Audrey)*  
5:30-6:30pm

*Level 1-5*  
**PBT**  
*(Audrey)*  
6:30-7:30pm

**EVENINGS IN  
LOS ALAMOS**  
*Beg/Int*  
**Hip Hop**  
*Ages 8-12  
(Alanatis)*  
5:00-6:00

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

**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**  
*With pointe*  
(Rachel)  
10:00-11:30am

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

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

**Adaptive Dance**  
Age 13+  
(Karina/Isabella)  
5:00-5:45pm

*Int./Adv.*  
**Tap**  
(Isabella)  
5:45-6:45pm

**ADULT Tap**  
(Isabella)  
6:45-7:45pm

**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**  
Creative  
Movement  
(Karina)  
4:45-5:15

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

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

**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

### SCHEDULE IS SUBJECT TO CHANGE



WHERE LEAPS ARE MADE

# BALLET 1, 1/2, 2

# DD

## DALA Downtown

1650 Trinity Drive Suite 115

June 8-13, 2026

Ballet Boot Camp

## IN-STUDIO SCHEDULE

### M

**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

### T

**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

### W

**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

### Th

**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

### F

**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

### Sa

**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

**White Rock Studio B**  
111 Longview Drive, White Rock

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

**Tumbling**  
(Alanatis)  
12:30-1:45 pm

*Snack Break*  
1:45-2:00pm

**Lyrical Jazz Technique**  
(Alanatis)  
2:00-3:00pm

*Snack Break*  
3:00-3:15pm

**Lyrical Jazz Repertoire**  
(Alanatis)  
3:15-4:30pm

**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**  
(Rachel)  
5:30-6:30 pm

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

**Variations**  
(Rachel)  
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**      **July 6-11, 2026**      **IN-STUDIO SCHEDULE**  
 111 Longview Drive, White Rock

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

M

T

W

Th

F

Sa

**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

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

IN-STUDIO  
SCHEDULE

M

T

W

Th

F

Sa

**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

M

T

W

Th

F

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**