



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 "Sweet & Sassy" Jazz (Alanatis) 7:00-8:30pm				CECCHETTI Grade 1 Workshop (Audrey) 2:30-4:00pm	
19	20	21	22	23	24	25	
		<i>Beginning</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	



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)
10:45-11:15

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



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
(Jonathan)
5:30-7:00 pm

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

Variations
(Jonathan)
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
(Jonathan)
12:30-1:00 pm

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

**Contemporary
Solos
Coaching**
(Jonathan)
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