SAISON 2026-2027 / SEASON 2026-2027

Monday/Lundi

	Nela	Makarova	Baryshnikov
12:00			
1:00	Sport-Études Ballet 1:00-3:00		
1:30			
2:00			
2:30			
3:00			
3:30			
4:00	Jazz 3:30-5:00	Pointe 4:00-5:00	
4:30			
5:00	Pilates 5:00-6:00	Ballet 2 Competition 5:00-6:30	
5:30			
6:00			
6:30	Inter I Ballet 6:30-8:00	Adult Ballet Level 1 Beginner 6:30-7:30	
7:00			
7:30		Adult Ballet Level 2 Intermediate 7:30-9:00	
8:00	Inter II - Adv Ballet 8:00-9:30		
8:30			
9:00		Adult Pointe 9:00-9:30	
9:30			

Tuesday/Mardi

	Nela	Makarova	Baryshnikov
1:00	Sport-Études Ballet 1:00-3:00		
1:30			
2:00			
2:30			
3:00	Répertoire 3:00-4:30		
3:30			
4:00			
4:30	Advanced competition groups 5:00-6:30		
5:00		Intermediate Teens Contemporary 5:00-6:30	Ballet 2 - A 9-11 y.o. 5:00-6:30
5:30			
6:00			
6:30	Intermediate Teen Jazz 6:30-8:00	Junior Contemporary 6:30-7:30	Ballet 1 7-9 y.o. 6:30-7:30
7:00			
7:30		CardioBaladi 7:30-8:30 Abeer NEW	Ballet 3 11-13 y.o. 7:30-9:00
8:00	Advanced Jazz 8:00-9:30		
8:30			
9:00			
9:30			

Wednesday/Mercredi

	Nela	Makarova	Baryshnikov
1:00	Sport-Études Ballet 1:00-3:00		
1:30			
2:00			
2:30			
3:00			
3:30			
4:00	Contemporary 3:30-5:00		
4:30			Inter Acro 4:30-5:30
5:00		Ballet 2 Competition 5:00-6:30	
5:30			Advanced Acro 5:30-6:30
6:00			
6:30	Adult Ballet Level 3 Inter/Advanced class on pointe (optional) 6:30-8:00	Inter I Ballet 6:30-8:00	Beginner Acro 6:30-7:30
7:00			
7:30			
8:00	Adult Répertoire Sep-Dec: Nutckracker Jan-Jun: Year end Show 8:00-9:00	Inter II - Adv Ballet 8:00-9:30	
8:30			
9:00			
9:30			

Thursday/Jeudi

	Nela	Makarova	Baryshnikov
1:00	PBT 1:00-2:00		
1:30			
2:00	Sport-Études Ballet 2:00-3:30		
2:30			
3:00			
3:30			
4:00	Répertoire 3:30-4:30		
4:30			
5:00	Contemporary 5:00-6:30	Junior Jazz 5:00-6:30	Ballet 2 - A 9-11 y.o. 5:00-6:30
5:30			
6:00			Ballet 1 7-9 y.o. 6:30-7:30
6:30	Advanced Contemporary 6:30-8:00	Intermediate competition groups 6:30-8:00	
7:00			
7:30			Ballet 3 11-13 y.o. 7:30-9:00
8:00		Competition Advanced solos 8:00-9:30	
8:30			
9:00			
9:30			

Friday/Vendredi

	Nela	Makarova	Baryshnikov
	Teacher Course 10:30-12:30		
1:00	Sport-Études Ballet 1:00-3:00		
1:30			
2:00			
2:30			
3:00			
3:30	Pas de deux 3:30-5:00		
4:00			
4:30			
5:00		Junior Team Competition 5:00-6:30	
5:30	Pilates 5:30-6:30		
6:00			
6:30	Inter I Ballet 6:30-8:00	Pre-Ballet 5-6 y.o. 6:30-7:30 NEW	CardioBaladi 6:30-7:30 Abeer NEW
7:00			
7:30		Teens Ballet 7:30-9:00	
8:00	Inter II Adv Ballet 8:00-9:30		
8:30			
9:00			
9:30			

Saturday/Samedi

	Nela	Makarova	Baryshnikov
9:15			
9:30		Creative Movement 1 9:30-10:15 3 y.o.	
9:45			
10:00			
10:15		Creative Movement 2 10:15-11:00 4 y.o.	Yogalates 10:15-11:00 Lynn NEW
10:30			
10:45			
11:00		Pre Ballet 1 11:00-11:45 5 y.o.	
11:15			
11:30	Intermediate Competition solos 11:00-12:30		
11:45		Pre Ballet 2-A 11:45-12:45 6 y.o.	CardioBaladi 11:45-12:45 Abeer NEW
12:00			
12:15			
12:30			
12:45	Barre a terre 1:00-2:00		
1:00		Elementary 1 1:00-2:00 7-9 y.o.	
1:15	Junior Company 2:30-4:30		
1:30			
1:45			
2:00		Elementary 2 1:00-2:00 10-12 y.o.	
2:15			
2:30			
2:45			
3:00			
3:15		Tap Junior 4:45-5:45	
3:30			
3:45			
4:00			
4:15			

Sunday/Dimanche

	Nela	Makarova	Baryshnikov
9:30		Creative Movement 1 9:30-10:15 3 y.o.	
10:15		Creative Movement 2 10:15-11:00 4 y.o.	
11:00		Pre Ballet 1 11:00-11:45 5 y.o.	
11:45		Pre Ballet 2 11:45-12:45 6 y.o.	

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