

Adult Classes

Monday/Wednesday
8:30-9:30pm Latin Workout

STUDIO A

Student Division

Pre-Intermediate through Pre-Professional

Pre-Intermediate

Tuesday	Thursday
3:00-4:00	*3:00-4:00
Vaganova Ballet	Hip-Hop
4:00-4:30	
Flexibility	

9-Week Session Runs June 20th - August 29th

*No Class Monday, July 4th.

*No Classes July 10th -17th.

Intermediate 1

Monday	Wednesday	Thursday
*2:00-3:00	4:00-4:30	*3:00-4:30pm
Vaganova Ballet	Rommett floor barre	Urban Hip-Hop
3:00-3:30	4:30-5:30	
Flexibility	Choreography	

**DON'T MISS OUR ALL
STUDIO OUTDOOR
SUMMER'S END**

REVIEW:

SATURDAY,

AUGUST 27TH.

Contact MainStage for Details...

Intermediate 2

Monday	Wednesday	Thursday
*2:00-3:00	*5:30-6:30	5:00-5:30
Vaganova Ballet	Vaganova Ballet	Rommett floor barre
3:00-3:30	6:30-7:00	5:30-6:00
Flexibility	Pointe	Flexibility
	7:00-8:00	6:00-7:30
	Modern/Lyrical	Urban Hip-Hop

Intermediate 3

Monday	Wednesday	Friday
9:00-10:00	*5:30-6:30	*9:00-10:00
Vaganova Ballet	Vaganova Ballet	Stage/Make-up
10:00-10:30	6:30-7:00	10:00-10:30
Pointe	Pointe	Rommett floor barre
10:30-11:30	7:00-8:00	10:30-11:30
Flexibility	Urban Hip-Hop	Pointe Variations
11:30-12:00	8:00-8:30	11:30-12:00
Lunch	Dinner	Lunch
12:00-1:00	8:30-9:30	12:30-1:00
Urban Hip-Hop	Latin Salsa Workout	Turn Variations
		1:00-1:30
		Choreography

Intermediate 4 & Pre-Professional Division 5 & Advanced 6, 7

Monday	Tuesday	Thursday	Friday
5:15-6:30	4:30-5:00	9:00-10:30	*9:00-10:00
Vaganova Ballet	Rommett floor barre	Vaganova Ballet	Stage/Make-up
6:30-7:00	5:00-5:30	10:30-11:00	10:00-10:30
Pointe Variations	Pointe Variations	Pointe Variations	Rommett floor barre
7:00-7:30	5:30-6:30	11:00-11:30	10:30-11:30
Partnering	Turn Variations	Partnering	Pointe Variations
7:30-8:00	6:30-7:00	11:30-12:00	11:30-12:00
Dinner	Dinner	Lunch	Lunch
8:00-8:30	7:00-8:00	12:00-12:45	12:30-1:00
Flexi-Stretcher	Urban Hip-Hop	Flexi-Stretcher	Turn Variations
8:30-9:30	8:00-9:00	12:45-2:15	1:00-1:30
Latin Salsa Workout	Choreography	Modern/Lyrical	Choreography

PRE-PROFESSIONAL DIVISION

MainStage Academy of Dance Pre-Professional Dance Program is designed for any qualifying student who would like to prepare for a career as a professional dancer/performer. Pre-professional students will attend Director Bray's core training curriculum that includes Vaganova Ballet, Pointe, Lyrical, Character and Hip-Hop Classes. An audition for class placement and Director approval is required for admission. Our Pre-Professional Program is designed to encourage and enable students to advance at a pace that matches their abilities. Pre-Professional students are urged to take as many lower level classes as they can in addition to their core program classes.

*Students participating in our studio (A) system programs are required to attend all scheduled classes in their respective level.

*Asterisk in schedules mean the class is combined.

*New summer student \$30 registrations fee.

*Contact a MainStage representative for details.



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