SAMPLE SCHEDULE

MIAMI CITY BALLET SCHOOL

SAMPLE SCHEDULE

*Schedule to change

MONDAY

1,2	3	Weight Room	4	5	6	7	8
Level VII *Ballet* 9:30 - 11:00	**Men , VI ,VII, VIII** *Ballet* 9:30 - 11:30		**Level IV** *Ballet* 10:00-11:30	**Level V** *Ballet* 10:00 - 11:30	**Level II/ III** *Ballet* 9:30 - 11:00	**Level VI** *Ballet* 9:30 - 11:00	**Level VIII** *Ballet* 10:00-11:30
Level VII *Pointe* 11:00 - 12:00	**Men VII** *Variations* 11:30 - 12:30		**Level IV** *Pointe* 11:30 - 12:30	**Level V** *Pointe* 11:30- 12:30	**Level II/ III** *Pre-Pointe* 11:00 - 12:00	**Level VI** *Pointe* 11:00-12:00	**Level VIII** *Pointe* 11:30-12:30
Level VII *Lunch* 12:00 - 1:00	**Men , VI ,VII, VIII** *Lunch* 12:30 - 1:00		**Level IV** *Lunch* 12:30 - 1:30	**Level V** *Lunch* 12:30 -1:30	**Level II/ III** *Lunch* 12:00 - 1:00	**Level VI** *Lunch* 12:00-1:00	**Level VIII** *Lunch* 12:30-1:30
Level VII *Ballet* 1:00 - 2:30	*If not scheduled in blue, men should join afternoon classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!		**Level IV** *Ballet* 1:30 - 3:00	**Level V** *Ballet* 1:30 - 3:00	**Level II/ III** *Pilates/Stretch* 1:00 - 2:00	**Level VI** *Ballet* 1:00 - 2:30	**Level VIII** *Ballet* 1:30-2:30
Level VII *Variations* 2:30 - 3:30			**Level IV** *Pilates/Stretch* 3:00 - 4:00	**Level V** *Variations* 3:00 - 4:00	**Level II/ III** *Ballet* 2:00 - 3:30	**Level VI** *Variations* 2:30-3:30	**Level VIII** *Pas de Deux/Rep* 2:30-4:00
	Level I *Ballet* 4:30 - 5:30				**S.A. Level C** *Ballet* 4:00 - 5:30	**S.A. Level A** *Ballet* 4:00 - 5:30	**S.A. Level B** *Ballet* 4:00 - 5:30
	Level I *Stretch* 5:30 - 6:30				**S.A. Level C** *Pointe/Variations* 5:30 - 6:30	**S.A. Level A** *Jazz* 5:30 - 7:00	**S.A. Level B** *Pointe* 5:30 - 6:30

TUESDAY

1,2	3	Weight Room	4	5	6	7	8
Level VII *Ballet* 9:30 - 11:00	**Men , VI ,VII, VIII** *Ballet* 9:30 - 11:30		**Level IV** *Ballet* 10:00-11:30	**Level V** *Ballet* 10:00 - 11:30	**Level II/ III** *Ballet* 9:30 - 11:00	**Level VI** *Ballet* 9:30 - 11:00	**Level VIII** *Ballet* 10:00-11:30
Level VII *Variations* 11:00 - 12:00	**Men VII** *Variations* 11:30 - 12:30		**Level IV** *Pointe* 11:30 - 12:30	**Level V** *Contemporary* 11:30 - 12:30	**Level II/ III** *Repertoire* 11:00 - 12:00	**Level VI** *Pointe* 11:00-12:00	**Level VIII** *Variations* 11:30-12:30
Level VII *Lunch* 12:00 - 1:00	**Men VI** *Lunch* 12:30 - 1:00		**Level IV** *Lunch* 12:30 - 1:30	**Level V** *Lunch* 12:30 -1:30	**Level II/ III** *Lunch* 12:00 - 1:00	**Level VI** *Lunch* 12:00-1:00	**Level VIII** *Lunch* 12:30-1:30
Level VII *Ballet* 1:00 - 2:30		**Men VII/ VIII** **Weight Lifting* 12:30-1:30	**Level IV** *Ballet* 1:30-2:30	**Level V** *Ballet* 1:30 - 3:00	**Level II/ III** *Ballet* 1:00 - 2:30	**Level VI** *Ballet* 1:00 - 2:30	**Level VIII** *Pilates* 1:30-2:30
Level VII *Pas de Deux* 2:30 - 3:30	**Men , VII/VIII** *Lunch* 1:30-2:30		**Level IV** *Jazz* 2:30 - 4:00	**Level V** *Pointe* 3:00 - 4:00	**Level II/ III** *Pre-Pointe* 2:30 - 3:30	**Level VI** *Variations* 2:30-3:30	**Level VIII** *Ballet* 2:30-4:00
*If not scheduled in blue, men should join afternoon classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!	**Level I** *Ballet* 4:30 - 5:30			**Pre-Ballet** 4:30 - 5:15	**S.A. Level C** *Jazz* 4:00 - 5:30	**S.A. Level A** *Ballet* 4:00 - 5:30	**S.A. Level B** *Ballet* 4:00 - 5:30
	Level I *Stretch* 5:30 - 6:30			**Ballet Prep I** 5:15 - 6:00	**S.A. Level C** *Ballet* 5:30 - 6:30	**S.A. Level A** *Stretch* 5:30 - 6:30	**S.A. Level B** *Jazz* 5:30 - 7:00

WEDNESDAY								THURSDAY							
1,2	3	Weight Room	4	5	6	7	8	1,2	3	Weight Room	4	5	6	7	8
Level VII *Ballet* 9:30 - 11:00	**Men , VI ,VII, VIII** *Ballet* 9:30 - 11:30		**Level IV** *Ballet* 10:00 - 11:30	**Level V** *Ballet* 10:00 - 11:30	**Level II/III** *Ballet* 9:30 - 11:00	**Level VI** *Ballet* 9:30 - 11:00	**Level VIII** *Ballet* 10:00 - 11:30	**Level VII** *Ballet* 9:30 - 11:00	**Men , VI ,VII, VIII** *Ballet* 9:30 - 11:30		**Level IV** *Ballet* 10:00 - 11:30	**Level V** *Ballet* 10:00 - 11:30	**Level II/III** *Ballet* 9:30 - 11:00	**Level VI** *Ballet* 9:30 - 11:00	**Level VIII** *Ballet* 10:00 - 11:30
Level VII *Repertoire* 11:00 - 12:00	**Men VII** *Variations* 11:30 - 12:30		**Level IV** *Pointe* 11:30 - 12:30	**Level V** *Pointe* 11:30 - 12:30	**Level II/III** *Pre-Pointe* 11:00 - 12:00	**Level VI** *Pointe* 11:00-12:00	**Level VIII** *Pointe* 11:30 -12:30	**Level VII** *Variations* 11:00 - 12:00	**Men VII** *Variations* 11:30 - 12:30		**Level IV** *Pointe* 11:30 - 12:30	**Level V** *Pointe* 11:30 - 12:30	**Level II/III** *Jazz* 11:00 - 12:00	**Level VI** *Pointe* 11:00-12:00	**Level VIII** *Variations* 11:30-12:30
Level VII *Lunch* 12:00 - 1:00	**Men , VI ,VII, VIII** *Lunch* 12:30 - 1:15		**Level IV** *Lunch* 12:30 - 1:30	**Level V** *Lunch* 12:30 -1:30	**Level II/III** *Lunch* 12:00 - 1:00	**Level VI** *Lunch* 12:00-1:00	**Level VIII** *Lunch* 12:30 -1:30	**Level VII** *Lunch* 12:00 - 1:00	**Men , VI ,VII, VIII** *Lunch* 12:30 - 1:00		**Level IV** *Lunch* 12:30 - 1:30	**Level V** *Lunch* 12:30 -1:30	**Level II/III** *Lunch* 12:00 - 1:00	**Level VI** *Lunch* 12:00-1:00	**Level VIII** *Lunch* 12:30-1:30
Level VII *Ballet* 1:00 - 2:30	***If not scheduled in blue, men should join afternoon classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!**		**Level IV** *Ballet* 1:30 - 3:00	**Level V** *Ballet* 1:30 - 3:00	**Level II/III** *Character* 1:00-2:00	**Level VI** *Ballet* 1:00-2:30	**Level VIII** *Ballet* 1:30-3:00	**Level VII** *Ballet* 1:00-2:30	***If not scheduled in blue, men should join afternoon classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!**		**Level IV** *Character* 1:30 - 2:30	**Level V** *Ballet* 1:30 - 3:00	**Level II/III** *Ballet* 1:00 - 2:30	**Level VI** *Pas De Deux* 1:00-2:00	**Level VIII** *Ballet* 1:30-3:00
Level VII *Pilates* 2:30 - 3:30			**Level IV** *Pointe* 3:00 - 4:00	**Level V** *Variations* 3:00 - 4:00	**Level II/III** *Ballet* 2:00 - 3:30	**Level VI** *Repertoire* 2:30 - 3:30	**Level VIII** *Pas de Deux /Repertoire* 3:00-4:00	**Level VII** *Variations* 2:30 - 3:30			**Level IV** *Ballet* 2:30-4:00	**Level V** *Pointe* 3:00 - 4:00	**Level II/III** *Repertoire* 2:30 - 3:30	**Level VI** *Contemporary* 2:00-3:30	**Level VIII** *Variations* 3:00-4:00
	Level I *Stretch* 4:30 - 5:30		**Ballet Prep III** 4:30 - 5:45 CD	**Ballet Prep II** 4:30 - 5:30 CD	**S.A. Level C** *Ballet* 4:00 - 5:30	**S.A. Level A** *Ballet* 4:00 - 5:30	**S.A. Level B** *Ballet* 4:00 - 5:30		**Level I** *Ballet* 4:30 - 5:30			**Creative Movement** 4:45 - 5:30	**S.A. Level C** *Ballet* 4:00 - 5:30	**S.A. Level A** *Ballet* 4:00 - 5:30	**S.A. Level B** *Ballet* 4:00 - 5:30
	Level I *Ballet* 5:30 - 6:30				**S.A. Level C** *Pointe* 5:30 - 7:00	**S.A. Level A** *Jazz* 5:30 - 7:00	**S.A. Level B** *Pointe* 5:30 - 7:00		**Level I** *Jazz/Musical Theater* 5:30 - 6:30			**Ballet Prep III** 5:30 - 6:45	**S.A. Level C** *Pointe/Variations* 5:30 - 7:00	**S.A. Level A** *Pre-Pointe* 5:30 - 6:30	**S.A. Level B** *Jazz* 5:30 - 6:30

FRIDAY								SATURDAY							
1,2	3	Weight Room	4	5	6	7	8	1	2	3	4	5	6	7	8
Level VII *Ballet* 9:30 - 11:00	**Men , VI ,VII, VIII** *Ballet* 9:30 - 11:30		**Level IV** *Ballet* 10:00 - 11:30	**Level V** *Ballet* 10:00 - 11:30	**Level II/III** *Ballet* 9:30 - 11:00	**Level VI** *Ballet* 9:30 - 11:00	**Level VIII** *Ballet* 10:00 - 11:30	**Creative Movement** 9:00 - 9:45	**Level IV** *Ballet* 9:30-11:30	**Level VI** *Ballet* 10:00-12:00	**Level VII** *Ballet* 10:00-12:00	**Level V** *Ballet* 10:00-12:00	**Ballet Prep I** 9:00 - 9:45		**Level VIII (& VI, VII, VIII MEN)** *Ballet - Men/Women* 9:30-11:30
Level VII *Pointe* 11:00 - 12:00	**Men VII** *Variations* 11:30 - 12:30		**Level IV** *Pointe* 11:30 - 12:30	**Level V** *Stretch/Pointe* 11:30 - 12:30	**Level II/III** *Pre-Pointe* 11:00 - 12:00	**Level VI** *Pointe* 11:00-12:00	**Level VIII** *Contemporary* 11:30 - 1:00	**Ballet Prep II** 9:45 - 10:45	**Level IV** *Pointe* 11:30-12:30	**Level VI** *Pointe* 12:00-1:00	**Level VII** *Variations* 12:00-1:00	**Level V** *Repertoire* 12:00-1:00	**Pre-Ballet** 9:45 - 10:30		**Level VIII** *Repertoire Men/Women* 11:30-12:30
Level VII *Lunch* 12:00 - 1:00	**Men , VI ,VII, VIII** *Lunch* 12:30 - 1:00		**Level IV** *Lunch* 12:30 - 1:30	**Level V** *Lunch* 12:30 -1:30	**Level II/III** *Lunch* 12:00 - 1:00	**Level VI** *Lunch* 12:00-1:00	**Level VIII** *Lunch* 1:00-2:00	**Level II/III** *Ballet* 11:00 - 1:00	**Level IV** *Lunch* 12:30 - 1:30	**Level VI** *Lunch* 1:00-2:00	**Level VII** *Lunch* 1:00 - 2:00	**Level V** *Lunch* 1:00 -2:00	**Ballet Prep III** 10:30 - 11:45	**Men , VI ,VII, VIII** *Lunch* 12:30-1:30	**Level VIII** *Lunch* 12:30-1:30
Level VII *Repertoire* 1:00 - 2:00		**Men VII-VIII** *Weight Lifting* 1:00-2:00	**Level IV** *Ballet* 1:30 - 3:00	**Level V** *Ballet* 1:30 - 3:00	**Level II/III** *Stretch/Strength* 1:00 - 2:00	**Level VI** *Ballet* 1:00-2:30	**Level VIII** *Ballet* 2:00 - 3:00	**Level II/III** *Pre-Pointe* 1:00-2:00						***If not scheduled in blue, men should join classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!**	
Level VII *Contemporary* 2:00 - 3:30			**Level IV** *Stretch/Pre-Pointe* 3:00 - 4:00	**Level V** *Pas de Deux* 3:00 - 4:00	**Level II/III** *Ballet* 2:00 - 3:30	**Level VI** *Stretch/Pilates* 2:30 - 3:30	**Level VIII** *Variations* 3:00 - 4:00								
***If not scheduled in blue, men should join afternoon classes with their levels, unless there is Pas, then ALL MEN (Lev. VI/VII/VIII) must go to Pas de Deux!**	**Level I** *Ballet* 4:30 - 6:00 V. Gonzalez				**S.A. Level C** *Jazz* 4:00 - 5:30	**S.A. Level A** *Ballet* 4:00 - 5:30	**S.A. Level B** *Ballet* 4:00 - 5:30								
	Level I *Stretch/Strength* 6:00 - 6:30				**S.A. Level C** *Ballet* 5:30 - 7:00	**S.A. Level A** *Pre-Pointe Exercises* 5:30 - 6:30	**S.A. Level B** *Conditioning* 5:30 - 7:00								