

Scarsdale Ballet Studio

Summer Intensive August 7–18, 2023

| WEEK 1 8/7 - 8/11 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|---|---|---|
| 10:30am – 12:00pm | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) |
| 12:15 – 1:30pm | Pilates (Oshinsky) | Variations & Repertory | Character (Saur) | Stretch & Strengthen | Pointe & Repertory |
| Afternoon Break | | | | | |
| 6:30 – 8:00pm | Character (Saur) | Ballet Intermediate (Sobel) | Gyrokinesis (Gilda) | Evening Yoga | Bollywood |

| WEEK 2 8/14 - 8/18 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|---|---|---|
| 10:30am – 12:00pm | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) | Ballet (2 Levels) (Saur & Oshinsky) |
| 12:15 – 1:30pm | Pilates (Oshinsky) | Variations & Repertory | Character (Saur) | Stretch & Strengthen | Pointe & Repertory |
| Afternoon Break | | | | | |
| 6:30 – 8:00pm | Character (Saur) | Ballet Intermediate (Sobel) | Gyrokinesis (Gilda) | Evening Yoga | Bollywood |

For Pilates class: Please bring a yoga mat, exercise band, hand towel.

For Character: Please bring 1.5” heeled character shoes or comfortable street shoes.

For Yoga: Please bring a yoga mat.