

13 - 23 JULY 2025		
STUDIO 1	STUDIO 2	STUDIO 3
PROFESSIONALS	SEMI-PROFESSIONALS	JUNIORS
08:00 - 08:45 BREAKFAST		
09:00 - 09:50 PILATES		
10:00 - 11:20 CLASSICAL BALLET	10:00 - 11:20 CONTEMPARY CLASS	10:00 - 11:15 FLOOR BARRE
11:30 - 12:50 CONTEMPARY CLASS	11:30 - 12:50 CLASSICAL BALLET	11:30 - 12:50 CLASSICAL BALLET
13:00 - 13:45 LUNCH		
14:00 - 15:20 CHARACTER / HISTORICAL DANCES		14:15 - 15:15 STRECHING
15:30 - 16:45 CONTEMPORARY REPERTOIRE	15:30 - 16:45 POINT CLASS + BALLET REPERTOIRE	15:30 - 16:30 BALLET CHOREOGRAPHY
17:30 - 18:30 SWIMMING POOL		
19:00 - 20:00 EVENING MEAL		

In professional and semi-professional levels, ballet + point and modern dance repertoires are alternated daily.