




Week 1

MONDAY 24 JULY	TUESDAY 25 JULY	WEDNESDAY 26 JULY	THURSDAY 27 JULY	FRIDAY 28 JULY	SATURDAY 29 JULY	SUNDAY 30 JULY.
						BALLET V & Pointes 11.30 – 13.00
<i>Coaching House</i> 17.15 – 18.05 TECHNIQUE ANALYSER Arranged Coaching Reserved. Private school Den Haag / N.P. Studio not available for public	T.B.C.			BALLET III 12.00 – 13.00 J.R.C.	Virtual & Studio. BALLET IV incl. Pointes Barre 12.00 – 13.00 Pointes Barre can also be done on normal balletshoes M.S.	
	BALLET II 18.15 – 19.15 J.R.C.	BALLET II 18.15 – 19.15 M.S.		<i>Coaching House</i> 13.30 – 14.20 CLASSICAL REPERTOIRE ♡ <i>Giselle or Don Quixote</i> Arranged Coaching Available Studio not open for public	Movement and dance 13.15 – 14.45 1 Day Special Yoga Narada™ Dancers Special J.R.C.	<i>Coaching House</i> 13.10 – 14.00 TECHNIQUE ANALYSER Arranged Coaching Available Studio not open for public
BALLET III 18.45 – 19.45 M.S.	BALLET IV 19.30 – 20.30 J.R.C.	BALLET IV & Pointes Basics 19.30 – 20.45 M.S.		<i>Coaching House</i> 14.00 – 14.50 TECHNIQUE ANALYSER Arranged Coaching Reserved. Private school Den Haag / N.P. Studio not available for public		
Virtual & Studio. FAST FORWARD BALLET incl Pointes 20.00 – 21.00 Stamina Barre, Pointes & Goodnight Mini Meditation M.S.	<i>Coaching House</i> 20.45 – 21.35 TECHNIQUE ANALYSER Arranged Coaching Available Studio not open for public			T.B.C.		

Week 2

MONDAY 31 JULY	TUESDAY 1 AUG.	WEDNESDAY 2 AUG.	THURSDAY 3 AUG.	FRIDAY 4 AUG.	SATURDAY 5 AUG.	SUNDAY 6 AUG.
					BALLET IV 12.00 – 13.00	BALLET IV 12.00 – 13.00 M.S.
		T.B.C.			Classical Variations 13.15 – 14.45 1 Day Workshop Classical Repertoire Intermediate	
<i>Coaching House</i> 17.45 – 18.35 TECHNIQUE ANALYSER Arranged Coaching <i>Reserved.</i> Private school Den Haag / N.P. Studio not available for public	BALLET special 18.15 – 19.15 Ballet Basics Reset Ballet and how to begin (again), a.o. Pointe technique without wearing pointe shoes and guided stretches.	JUNIOR SPECIAL 17.00 – 18.00 Pointe Shoe Dreams <i>When will I be ready for pointe Shoes?</i>		<i>Virtual & Studio.</i> BALLET IV incl. Pointes Barre 13.00 – 14.00 Pointes can also be done on normal balletshoes		COMPANY REPERTOIRE 13.15 – 14.45 2 Day Workshop Intern. & Adv. MiR Dance Company Day 1 M.L.H.
BALLET III 18.45 - 19.45	BALLET II 19.30 - 20.30	BALLET II 18.15 - 19.15		<i>Coaching House</i> 14.10 – 15.00 CLASSICAL REPERTOIRE  <i>Giselle or Don Quixote</i> Arranged Coaching <i>Available</i> Studio not open for public		
<i>Virtual & Studio.</i> FAST FORWARD BALLET incl Pointes 20.00 – 21.00 Stamina Barre, Pointes & Goodnight Mini Meditation	T.B.C.	<i>Virtual & Studio.</i> BALLET IV & FLX Stretch 19.30 - 20.45		<i>Coaching House</i> 17.45 – 18.35 TECHNIQUE ANALYSER Arranged Coaching <i>Reserved.</i> Private school Den Haag / N.P. Studio not available for public		



Week 3

MONDAY 7 AUG.	TUESDAY 8 AUG.	WEDNESDAY 9 AUG.	THURSDAY 10 AUG.	FRIDAY 11 AUG.	SATURDAY 12 AUG.	SUNDAY 13 AUG.
	T.B.C.			BALLET IV 12.00 – 13.00 S.O.		
BALLET IV 12.00 – 13.00 M.S.	<i>Coaching House</i> 17.00 – 18.00 TECHNIQUE ANALYSER Arranged Coaching Available Studio not open for public	JUNIOR SPECIAL 17.00 – 18.00 Classical Variation Short balletclass and dancing a little variation from Don Quixote.		Virtual & Studio. FAST FORWARD BALLET incl Pointes 13.15 – 14.15 Stamina Barre, Pointes & Energy Mini Meditation	BALLET V 11.30 – 12.45	BALLET V 11.30 – 12.45
COMPANY REPERTOIRE 13.15 – 14.45 2 Day Workshop Interm. & Adv. MiR Dance Company Day 2 M.L.H.	Virtual & Studio. BALLET III & Pointes Basics 18.15 - 19.30	BALLET IV 18.15 - 19.15 S.O.			CLASSICAL REPERTOIRE 13.00 – 14.45 2 Day Workshop Classical Repertoire for Young Professionals Day 1 M.S.	CLASSICAL REPERTOIRE 13.00 – 14.45 2 Day Workshop Classical Repertoire for Young Professionals Day 2 M.S.
	T.B.C.	<i>Coaching House</i> 19.40 – 20.30 TECHNIQUE ANALYSER Arranged Coaching Reserved. Private school Den Haag / N.P. Studio not available for public				
<i>Coaching House</i> 15.10 – 16.00 TECHNIQUE ANALYSER Arranged Coaching Available Studio not open for public						14.30 – 15.00 CLASSICAL REPERTOIRE Informal Studio Presentation <i>for Family & friends of participating students</i>