

SAISON 2025-2026 / SEASON 2025-2026

Monday/Lundi			Tuesday/Mardi			Wednesday/Mercredi			Thursday/Jeudi			Friday/Vendredi			Saturday/Samedi			Sunday/Dimanche		
Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov	Nela	Makarova	Baryshnikov
												Teacher Course 10:30-12:30								
															9:15					
															9:30					
															9:45					
1:00	Sport-Études Ballet 1:00-3:00		Sport-Études Ballet 1:00-3:00			Sport-Études Ballet 1:00-3:00 (Solos 3:00-3:30)			PBT 1:00-2:00			Sport-Études Ballet 1:00-3:00			10:00	Competition TBC	CM 1 9:30-10:15 3 y.o.		CM 1 9:30-10:15 3 y.o.	
1:30															10:15					
2:00									Sport-Études Ballet 2:00-4:00						10:30		CM 2 10:15-11:00 4 y.o.	Tap-Jazz Mini 5-6 y.o. 10:30-11:30	CM 2 10:15-11:00 4 y.o.	
2:30															10:45					
3:00	Répertoire 3:00-4:00		Conditioning 3:00-4:00									Répertoire 3:00-4:30			11:00		Pre Ballet 1 11:00-11:45 5 y.o.		Pre Ballet 1 11:00-11:45 5 y.o.	
3:30						Jazz 3:30-5:00									11:15					
4:00	Pas de Deux 4:00-5:30		Contemporary 4:00-5:30						Répertoire 4:00-5:00						11:30	Competition TBC				
4:30								Beginner Acro 4:30-5:30				Rehersal 4:30-5:30			11:45		Pre Ballet 2-A Miss Laurence 11:45-12:45 6 y.o.	Pre Ballet 2-B Miss Sophie 11:45-12:45 6 y.o.	Pre Ballet 2 11:45-12:45 6 y.o.	
5:00		Inter I - Ballet 5:00-6:30	Ballet 2 - B 5:00-6:30		Junior Jazz Tuesday 5:00-6:00	Ballet 1 - A 7-9 y.o. 5:00-6:00	Ballet 2 - B 5:00-6:30	Inter I - Ballet 5:00-6:30	Contemporary 5:00-6:30	Jazz I 5:00-6:30	Ballet 1 - A 7-9 y.o. 5:00-6:00		Inter I - Ballet 5:00-6:30	Tap-Jazz Mini 5-6 y.o. 5:00-6:00	12:00					
5:30	Pilates 5:30-6:30		Contemporary Rehearsal 5:30-6:30			Ballet 2 - A 9-11 y.o. 6:00-7:30		Advanced Acro 5:30-6:30			Ballet 2 - A 9-11 y.o. 6:00-7:30	Pilates 5:30-6:30		Junior Jazz Friday 6:00-7:00	12:15					
6:00															12:30					
6:30	Inter II Ballet 6:30-8:00	Ballet 1 - B 6:30-7:30	Adult Ballet Level 1 Beginner 6:30-7:30	Contemporary Level 3 6:30-8:00	Inter Groups Competition 6:00-7:30	Adult Conditioning 6:30-7:30	Inter II Ballet 6:30-8:00	Ballet 1 - B 6:30-7:30	Contemporary Level 1 6:30-8:00	Jazz II 6:30-8:00		Adult Répertoire 6:30-8:00	Inter II Ballet 6:30-8:00		12:45	Barre a terre 12:00-1:00				
7:00															1:00		Elementary 1 1:00-2:00 7-9 y.o.		Elementary 1 1:00-2:00 7-9 y.o.	
7:30		Adult Ballet Level II & III 7:30-9:00	Teen Ballet 7:30-9:00			Adult Ballet Level II & III 7:30-9:00		Inter Acro 7:30-8:30							1:15	Junior Company 1:00-3:00				
8:00	Advanced Ballet 8:00-9:30			Adult Jazz 8:00-9:00	Advanced Solos 8:00-9:30		Advanced Ballet 8:00-9:30		Contemporary Level 2 8:00-9:30	Jazz III 8:00-9:30			Advanced Ballet 8:00-9:30		1:30					
8:30															1:45					
9:00		Adult Pointe 9:00-9:30													2:00		Elementary 2 2:00-3:00 10-12 y.o.			
9:30															2:15					
															2:30					
															2:45					
															3:00					
															3:15	Advanced Competition Group 3:00-4:00	Mini Team Competition 3:00-4:30			
															3:30					
															3:45					
															4:00					
															4:15					



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