

ALL PODS				
SAMPLE SCHEDULE	M-F	M-F	M-F	M-F
	8:00-8:45	9:00-9:45	8:00-8:45	9:00-9:45
	RED POD	WHITE POD	GREY POD	MEN'S POD
	Conditioning	Conditioning	Conditioning	Conditioning
	9:00-11:00	10:00-12:00	9:00-11:00	10:00-12:00
	Ballet Technique	Ballet Technique	Ballet Technique	Ballet Technique
	11:10-12:00	12:10-1:00	11:10-12:00	12:10-1:10
	Pointe Technique	Pointe Technique	Pointe Technique	Various Techniques
	12:00-1:00	1:00-2:00	12:00-1:00	1:00-2:00
	Lunch/Seminar	Lunch/Seminar	Lunch/Seminar	Lunch/Seminar
	12:15-12:45 CM	1:15-1:45-CM	12:15-12:45 CM	1:15-1:45-CM
	Outside	Outside	Outside	Outside
	1:10-2:15	2:20-3:25	1:10-2:15	2:20-3:25
	Contemporary	Contemporary	Jazz	Jazz
	2:30-4:30	3:30-5:30	2:30-4:30	3:30-5:30
	New Work	Classical Repertory	Choreographic Process	Contemporary Rep
	4:40-5:30	5:40-6:30	4:40-5:30	5:40-6:30
	M-Yoga	M-Yoga	M-Yoga	M-Yoga
	T-Talk Back Tuesday	T-Talk Back Tuesday	T-Talk Back Tuesday	T-Talk Back Tuesday
	M-Yoga	M-Yoga	M-Yoga	M-Yoga
	H-Floor Barre	H-Floor Barre	H-Floor Barre	H-Floor Barre
	F-Film	F-Film	F-Film	F-Film