

Wasatch Dance Center Jazz Intensive July 13-17

Monday July 13

Level 1	Level 2	Level 3	Level 4
9:00-9:45 Warm-up Debbie		9:00-10:00 Warm-up & Core Strength Amy	
9:45-10:00 Break	9:45-10:00 Break		10:00-10:15 Break
10:00-11:00 Turns & Tech Ciara	10:00-11:00 Ballet Debbie	10:00-11:00 Musical Theater Matt	10:15-11:45 Ballet Amy
11:00-12:00 Jazz Matt	11:00-11:15 Break	11:00-11:45 Lunch	11:45-12:15 Lunch
	11:15-12:00 Turns & Tech Ciara	11:45-1:00 Ballet Amy	12:15-1:00 Turns & Tech Ciara
	12:00-1:00 Jazz Matt	1:00-2:00 Turns & Tech Ciara	1:00-2:00 Musical Theater Matt
			2:00-3:00 Yoga Elise

Tuesday July 14

Level 1	Level 2	Level 3	Level 4
9:00-10:00 Ballet Debbie	9:00-10:15 Warm-up & Jazz Lauren	9:00-10:30 Ballet Giuliana	9:00-10:15 Barre Fitness Alison
10:00-10:15 Break	10:15-10:45 Stretch Debbie	10:30-10:45 Break	10:15-10:30 Break
10:15-10:45 Barre Fitness Alison	10:45-11:00 Break	10:45-11:45 Barre Fitness Alison	10:30-12:00 Ballet Giuliana
10:45-11:00 Break		11:45-12:00 Break	12:00-1:00 Lunch
11:00-12:00 Jump Technique Matt		12:00-1:00 Jump Technique Matt	1:00-2:00 Jump Technique Matt
	12:00-1:00 Ballet Giuliana	1:00-2:00 Lyrical Joni	2:00-3:00 Lyrical Joni

Wednesday July 15

Level 1	Level 2	Level 3	Level 4
9:00-10:00 Warm-up & Core Strength Joni		9:00-10:00 Warm-up & Floor Barre Giuliana	
10:00-10:45 Stretch Giuliana	10:00-10:45 Lyrical Alison	10:00-11:00 Turns & Technique Joni	10:00-11:00 Musical Theater Ciara
10:45-11:00 Break	10:45-11:00 Break	11:00-12:15 Musical Theater Ciara	11:00-12:00 Turns & Technique Joni
11:00-12:00 Lyrical Alison	11:00-11:30 Stretch Giuliana	12:15-1:00 Lunch	12:00-12:45 Lunch
	11:30-12:00 Lunch	1:00-2:00 Jazz Matt	12:45-2:00 Modern Lauren
	12:00-1:00 Musical Theater Matt		2:00-3:00 Jazz Matt

Thursday July 16

Level 1	Level 2	Level 3	Level 4
9:00-9:45 Barre Fitness Alison	9:00-9:45 Jazz Debbie	9:00-9:45 Barre Fitness Alison	9:00-10:30 Ballet Giuliana
9:45-10:00 Break	9:45-10:00 Break	9:45-11:15 Ballet Debbie	10:30-10:45 Break
10:00-11:00 Turns & Tech Jess	10:00-10:45 Barre Fitness Alison	11:15-12:00 Lunch	10:45-11:45 Barre Fitness Alison
11:00-12:00 Stretching Matt		12:00-1:00 Musical Theater Matt	11:45-12:30 Improv Nicole
	12:00-1:00 Turns & Tech Jess	1:00-2:00 Turns & Tech Jess	12:30-1:00 Lunch
			1:00-2:00 Musical Theater Matt
			2:00-3:00 Jazz Jess

Friday July 17

Level 1	Level 2	Level 3	Level 4
9:00-10:00 Warm-up & Pirouette Technique Debbie		9:00-10:15 Warm-up & Stretch Amy	
10:00-10:15 Break	10:00-11:00 Ballet Debbie	10:15-10:45 Fuel your Body Joni	
10:15-11:00 Stretch Amy	11:00-11:15 Break	10:45-11:15 Lunch	10:45-11:30 Improv Nicole
11:00-12:00 Musical Theater Matt	11:15-12:00 Stretch Amy	11:15-12:15 Ballet Debbie	11:30-12:30 Yoga Elise
	12:00-1:00 Jazz Matt	12:15-1:00 Stretch Amy	12:30-1:00 Lunch
		1:00-2:00 Jazz Matt	1:00-2:00 Turns & Tech/Challenge Ciara
			2:00-3:00 Jazz Matt