

9:00 - 9:45 AM

STOTT Mat Pilates
Piper Morgan Hayes
ALL LEVELS 45 min.

Intermediate-Advanced Pilates
Elisa Hildner
INTERMEDIATE-ADVANCED 45 min.

10:00 - 11:00 AM

Ballet Ella Rosewood ALL LEVELS 1 hr.	Contemporary Liz Sexe INTERMEDIATE-ALL LEVELS 1 hr.	Ballet Constance Anderson ALL LEVELS 1 hr.	Finding Form into Phrase Flow Catey Ott Thompson INTERMEDIATE-ALL LEVELS 1 hr.	Contemporary Ballet Elisabeth Roskopf INTERMEDIATE-ADVANCED 1 hr.	Conditioning & Hydration Natalia Schradle ALL LEVELS 45 min.
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11:00 AM

11:30 AM - 12:15 PM

Latin Contemporanio Alfonso Cervera ALL LEVELS 45 min.	Yoga/Mobility Work Nicole Roerick ALL LEVELS 45 min.	Somatic Practice: Grounding Flow Collette Stewart ALL LEVELS 45 min.	Chinese Dance Ying Xu ALL LEVELS 45 min.	Imagery & Mindful Movement Cynthia Adams ALL LEVELS 45 min.	Inversions at the Wall Megan Thompson INTERMEDIATE-ADVANCED 45 min.
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1:00 - 2:30 PM

Orientation & Welcome Zoom 1 hr.	Creative Workshop Li Chiao-Ping (Dianne Kotsonis asst) ALL LEVELS 1.5 hrs.	Creative Workshop Li Chiao-Ping (Dianne Kotsonis asst) ALL LEVELS 1.5 hrs.	Creative Workshop Li Chiao-Ping (Dianne Kotsonis asst) ALL LEVELS 1.5 hrs.	Creative Workshop Li Chiao-Ping (Dianne Kotsonis asst) ALL LEVELS 1.5 hrs.	Creative Workshop Li Chiao-Ping (Dianne Kotsonis asst) ALL LEVELS 1.5 hrs.
	Improvisation Alfonso Cervera ALL LEVELS 30 min.	**5 day requirement**	**5 day requirement**	**5 day requirement**	**5 day requirement**

2:45 - 3:30 PM

Contemporary
Liz Sexe
INTERMEDIATE-ALL LEVELS 45 min.

Finding Form into Phrase Flow
Catey Ott Thompson
INTERMEDIATE-ALL LEVELS 45 min.

Improv/Phrase work
John Crim
INTERMEDIATE-ADVANCED 45 min.

7:30 - 8:30 PM

SEED PERFORMANCE	SEED PERFORMANCE
	POST PERFORMANCE CELEBRATION!