



BALLET BOOTCAMP – MULTI-LEVEL

JANUARY 1ST – 3RD, 2016

With Rebecca Witjas

Are you looking to jump a level or two quickly, or get in better shape fast?

This Ballet Bootcamp emphasizes centering for turns which will be taken up in a Turn Clinic all subsequent Sundays in January (10th, 17th, 24th, 31st). It also emphasizes learning combinations with ease and speed.

- Putting multiple steps together with greater precision and execution
- Understand musicality
- Include the subtleties of ballet like arms, head position and epaulement (shoulders)
- Learn to enjoy combinations with confidence
- Pointe shoes are welcome or wear them for the first time

WHEN

January 1st – 3rd, 2016
Fri 1:30PM – 5:00PM
Sat/Sun 10:30AM – 4:15PM

WHERE

YURI GRIGORIEV
SCHOOL OF BALLET
12932 Venice Boulevard
Los Angeles, CA 90066

COST

All three days: \$180
After December 15th: \$225

Friday: \$70
Saturday or Sunday: \$90
Hourly rate: \$20

NO REFUNDS

**Hourly and daily drop-ins
are welcome!**

Questions?

Visit
www.balletbodies.us



or e-mail
rebecca@balletbabes.com

Friday, January 1 st	Saturday, January 2 nd	Sunday, January 3 rd
1:30PM – 2:30PM Floor Barre / Feet	10:30AM – 11:00AM Feet / Turnout	10:30AM – 11:00AM Floor Barre
2:30PM – 3:30PM Ballet Barre	11:00AM – 12:00PM Ballet Barre (Strength)	11:00AM – 12:00PM Ballet Barre (Strength / Center)
3:30PM – 4:15PM Turns	12:00PM – 12:30PM Pointe / Relevés	12:00PM – 12:30PM Pointe / Relevés
4:15PM – 4:45PM Jumps	12:30pm – 12:45pm Break	12:30PM – 12:45PM Break
4:45PM – 5:00PM Stretching...finish	12:45PM – 1:45PM Center / Turns	12:45PM – 1:45PM Center / Turns
	1:45PM – 2:15PM Jumps	1:45PM – 2:15PM Jumps
	2:15PM – 2:30PM Break	2:15PM – 2:30PM Break
	2:30PM – 3:45PM Combinations	2:30PM – 3:45PM Combinations
	3:45PM – 4:15PM Stretching...finish	3:45PM – 4:15PM Stretching...finish