

# ASPIRE SUMMER DANCE INTENSIVE



## SAMPLE SCHEDULE (4-day Intensive)

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

#### INT. ROOM

**3:00-3:30**  
**WELCOME**  
&  
INTENTION  
SETTING

**3:30-5:30**  
**BALLET**  
with  
Christina Noel

**5:30-6:00**  
DINNER  
BREAK

**6:00-8:00**  
**HIP HOP**  
with  
TBA

#### ADV. ROOM

**3:00-3:30**  
**WELCOME**  
&  
INTENTION  
SETTING

**3:30-5:30**  
**HIP HOP**  
with  
TBA

**5:30-6:00**  
DINNER  
BREAK

**6:00-8:00**  
**BALLET**  
with  
Christina Noel

#### INT. ROOM

**3:00-5:00**  
**BALLET**  
with  
Christina Noel

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**TURNS &  
LEAPS**  
with  
TBA

**7:30-8:00**  
**STRETCH &  
STRENGTH**  
with  
TBA

#### ADV. ROOM

**3:00-5:00**  
**TURNS &  
LEAPS**  
TBA

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**BALLET**  
with  
Christina Noel

**7:30-8:00**  
**STRETCH &  
STRENGTH**  
with  
TBA

#### INT. ROOM

**3:00-5:00**  
**BALLET**  
with  
Christina Noel

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**COMMERCIAL  
DANCE**  
with  
TBA

**7:30-8:00**  
**YOGA**  
with  
TBA

#### ADV. ROOM

**3:00-5:00**  
**COMMERCIAL  
DANCE**  
with  
TBA

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**BALLET**  
with  
Christina Noel

**7:30-8:00**  
**YOGA**  
with  
TBA

#### INT. ROOM

**3:00-5:00**  
**BALLET**  
with  
Christina Noel

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**CONTEMP  
-ORARY**  
with  
TBA

**7:30-8:00**  
**IMPROV**  
with  
TBA

#### ADV. ROOM

**3:00-5:00**  
**CONTEMP  
-ORARY**  
with  
TBA

**5:00-5:30**  
DINNER  
BREAK

**5:30-7:30**  
**BALLET**  
with  
Christina Noel

**7:30-8:00**  
**IMPROV**  
with  
TBA

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Register online at  
[aspiredancestudio.com](http://aspiredancestudio.com)

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