

INTERACTIVE CALENDAR 4 WEEK BALLET EXPERIENCE

WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1 The Basics & Introduction to the Barre	DAY 8 Week 2 Barre & Dance	DAY 15 Week 3 Barre & Dance	DAY 22 Week 4 Barre & Dance
DAY 2 Week 1 Barre & Dance	DAY 9 STRETCH standing & seated	DAY 16 STRETCH standing & seated	DAY 23 STRETCH standing & seated
DAY 3 STRETCH standing & seated	DAY 10 Week 2 Barre & Dance	DAY 17 Week 3 Barre & Dance	DAY 24 Week 4 Barre & Dance
DAY 4 Week 1 Barre & Dance	DAY 11 STRETCH on the mat	DAY 18 STRETCH on the mat	DAY 25 STRETCH on the mat
DAY 5 STRETCH on the mat	DAY 12 Week 2 Barre & Dance	DAY 19 Week 3 Barre & Dance	DAY 26 Week 4 Barre & Dance
DAY 6 Week 1 Barre & Dance	DAY 13 Barre Mix & Dance	DAY 20 Barre Mix & Dance	DAY 27 REST DAY
DAY 7 REST DAY	DAY 14 REST DAY	DAY 21 REST DAY	DAY 28 Quick Barre & Final Dances

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