

VIRTUAL TBSPA SCHEDULE

Creative Dance

Monday 10:00am ZOOM LIVE Hailey
weekly videos of recorded Live Zoom Class

Pre Ballet

Tuesday 4:00pm ZOOM LIVE Haley
Saturday 9:30am ZOOM LIVE Jenny
2 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Videos

Ballet One

Thursday 4:00pm ZOOM LIVE Ariel
Saturday 10:30am ZOOM LIVE Haley
2 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Videos

Ballet Two

Tuesday 2:00pm ZOOM LIVE Haley
Saturday 11:30am ZOOM LIVE Ariel
2 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Videos

Beg-Inter

Tuesday 3:00pm ZOOM LIVE Amanda
Thursday 3:00pm ZOOM LIVE Haley
2 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Videos

Intermediate 1

Monday 3:00pm ZOOM LIVE Haley
Wednesday 3:00pm ZOOM LIVE Ariel
Friday 3:00pm ZOOM LIVE Haley
3 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Videos

Intermediate 2

Monday 4:15pm ZOOM LIVE Ariel
Wednesday 4:15pm ZOOM LIVE Haley
Wednesday 6:15pm Stretch&Strengthen Haley
Friday 4:15pm ZOOM LIVE Ariel
*Weekly Stretch and Strengthen Video
3 weekly videos of recorded Live Zoom Classes
Demonstration Choreography Video

INTERMEDIATE ADVANCED 1 and 2

ZOOM LIVE STREAM

Monday 9:30am Barre/Center Jenny
Monday 4:00pm Inter-Adv 1,2 Maddie
Monday 6:45pm Center Steps Maddie
Tuesday Noon Kundalates Kelley
Tuesday 5:00pm Conditioning Maddie
Tuesday 6:15pm Ballet Barre Jenny
Wednesday 10:30am Latin Dance Rachel
Wednesday 6:15pm Stretch&Strengthen Haley
Wednesday 4:00pm Inter-Adv 1,2 Maddie
Thursday 10:00am Ballet Barre Jenny
Thursday 2:00pm Conditioning Maddie
Thursday 3:00pm Pointe 1 Ariel
Thursday 4:00pm Pointe Prep Maddie
Friday Noon Broadway Dance Jenny
Friday 4:00pm Inter-Adv 1,2 Maddie
Saturday 11:15am Barre/Center Jenny
POINTE 2/3 wear for Ballet Barre Tues & Thurs
Demonstration Choreography Video

INTERMEDIATE ADVANCED 3 and 4

ZOOM LIVE STREAM

Monday 9:30am Barre/Center Jenny
Monday 5:30pm Inter-Adv 3,4 Maddie
Monday 6:45pm Center Steps Maddie
Tuesday Noon Kundalates Kelley
Tuesday 5:00pm Conditioning Maddie
Tuesday 6:15pm Ballet Barre Jenny
Wednesday 10:30am Latin Dance Rachel
Wednesday 6:15pm Stretch&Strengthen Haley
Wednesday 5:30pm Inter-Adv 3,4 Maddie
Thursday 10:00am Ballet Barre Jenny
Thursday 2:00pm Conditioning Maddie
Thursday 3:00pm Pointe 1 Ariel
Thursday 4:00pm Pointe Prep Maddie
Friday Noon Broadway Dance Jenny
Friday 5:30pm Inter-Adv 3,4 Maddie
Saturday 11:15am Barre/Center Jenny
POINTE 2/3 wear for Ballet Barre Tues & Thurs

ADVANCED

ZOOM LIVE STREAM

Monday 9:30am Barre/Center Jenny
Monday 5:30pm Advanced Jenny
Monday 6:45pm Center Steps Maddie
Tuesday Noon Kundalates Kelley
Tuesday 5:00pm Conditioning Maddie
Tuesday 6:15pm Ballet Barre Jenny
Wednesday 10:30am Latin Dance Rachel
Wednesday 6:15pm Stretch&Strengthen Haley
Wednesday 5:30pm Advanced Jenny
Thursday 10:00am Ballet Barre Jenny
Thursday 2:00pm Conditioning Maddie
Thursday 3:00pm Pointe 1 Ariel
Friday Noon Broadway Dance Jenny
Friday 4:30pm Advanced Jenny
Saturday 11:15am Barre/Center Jenny
POINTE 2/3 wear for Ballet Barre Tues & Thurs

YOUTH BROADWAY DANCE

weekly video

YOUTH CONTEMPORARY

weekly video

PRE TAP

weekly video

TAP 1

weekly video

TAP 2

weekly video

TAP 3

weekly video

PERFORMING ARTS STUDIO ZOOM LIVE STREAM

Monday	6:00pm	Teen Acting
Tuesday	2:00pm	Pre-K Acting
Tuesday	6:00pm	Musical Theatre
Wednesday	4:00pm	FFAE JR
Thursday	4:00pm	Little FFAE
Thursday	5:00pm	Improv
Friday	4:00pm	FFAE JR
Saturday	11:30am	Improv
Saturday	2:00pm	Shakespeare In Love

Pre K Acting will be sent a Video as well

VIRTUAL MUSIC LESSONS PIANO and VOICE LESSONS

being taught through
ZOOM or FaceTime

To sign up for Drop In Classes
email jenny@theballetschool.org

How to Pay for Drop In

You can pay for class by calling 925
934-2133 or Venmo @theballetschool.

Cost for class

\$17 for a single class

Virtual 10 class punch card for \$170.
(no expiration, it will be waiting in the office
for you when we all return to in person, or if
you live far away we can keep doing virtual
with you! We will punch each class you
take and then give you the card when we
are allowed to be with each other)

Share info with Friends

If you have a friend who wants to be added
to our invite list please email us at
Jenny@theballetschool.org once on the list
you will be sent a link to each class and you
can choose what to join!!!

TEEN ADULT DROP IN ZOOM LIVE STREAM

Monday	9:30am	Barre/Center
Monday	6:45pm	Ballet Center Steps
Tuesday	Noon	Kundalates
Tuesday	5:00pm	Dance Conditioning
Tuesday	6:15pm	Ballet Barre
Wednesday	10:30am	Latin Dance Fitness
Wednesday	6:15pm	Stretch & Strengthen
Thursday	10:00am	Ballet Barre
Thursday	2:00pm	Dance Conditioning
Friday	Noon	Broadway Dance
Saturday	11:15am	Ballet Barre & Center

Adult TAP Class videos are available

*Kundalates is a Mat class combining
Breathwork, Awareness, Movement and
Meditation.

*Latin Dance Fitness is a cardio Zumba class

POP UP DANCE SATURDAY

4/11	1:00pm	Basic Broadway Dance
4/18	1:00pm	Contemporary
4/25	1:00pm	Basic Center Ballet Steps
5/2	1:00pm	Basic Tap Steps

POP UP THEATRE SUNDAY

4/19	1:00pm	Creating a Character
4/26	1:00pm	Playwriting
5/3	1:00pm	Shakespeare Study

TBSPA FAMILY COMMUNITY NIGHT

4/19 5:00pm All Welcome

Bring your pizza and join us to watch some
favorite highlights from past Ballet School
Performances! Let's connect and see each
others faces.

FREE SPEAKER SERIES

Wednesday May 6th 5:30pm

***Fueling your body without diets, rules, or
restrictions***

Speaker: Kristen Graves RD

Kirsten's private practice in Lafayette
specializes in empowering athletes to fuel
their bodies without rigid rules and shift
away from the all-or-nothing mindset
limiting them from performing at their best.
She also has a special focus on supporting
individuals and families experiencing
disordered eating to grow and thrive while
repairing their relationships with body and
food. We hope you will join us for this
important community event. Dancers and
their families from all studios are welcome
and encouraged to attend via ZOOM.

**Write to jenny@theballetschool.org
for the LIVE ZOOM link**

LIVE JOY CREATE HOPE

**WRITE TO
jenny@theballetschool.org
with any questions**