

## 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

Friday 2:00pm ZOOM LIVE Amanda

## YOUTH CONTEMPORARY

Saturday 12:30pm ZOOM LIVE Haley

### PRE TAP

weekly video

### TAP 1

Tuesday 4:00pm ZOOM LIVE Diella

### TAP 2

Thursday 4:00pm ZOOM LIVE Diella

### TAP 3

Thursday 5:00pm ZOOM LIVE Ashely

## 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](mailto: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](mailto: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
Thursday	5:00pm	TAP Inter-Adv
Thursday	6:15pm	Contemporary
Friday	Noon	Broadway Dance
Saturday	11:15am	Ballet Barre & Center
Saturday	2:00pm	TAP Beg-Inter

\*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

4/25	1:00pm	Basic Center Ballet Steps
5/2	1:00pm	Boy Band Dance Class

## POP UP THEATRE SUNDAY

4/26	1:00pm	Playwriting
5/3	1:00pm	Shakespeare Study

## TBSPA FAMILY COMMUNITY NIGHT

5/16	5:00pm	All Welcome
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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](mailto:jenny@theballetschool.org)  
for the LIVE ZOOM link

## LIVE JOY CREATE HOPE

WRITE TO  
[jenny@theballetschool.org](mailto:jenny@theballetschool.org)  
with any questions