

CENTRE FOR ADVANCED TRAINING (CAT)

Swindon Ballet Programme

TIMETABLE

SUNDAY 1ST MAY - SUNDAY 29TH MAY



Swindon Dance Studios - Regent Circus, Swindon

		Times / Class								
		11-11.15am	11.15-12.45pm		1-1.45pm		2.30-3.30pm		3.45-4.45pm	4.45-5pm
space	Large Studio	Positive Mindfulness (Including a focused warm-up)	Ballet With accompanist XXXX		Introduction to Pointe / Male virtuosity		Introduction to Contemporary /Strength and Conditioning / Pilates with accompanist XXXX		Rotation of Music Appreciation / Choreography / Drama / Dalcroze /Healthier Dancer or Anatomy	Group tutorial / Q&A's
	TUTOR	Chris Wright	Chris Wright		Guest Teacher / Chris Wright		Guest tutor		Guest tutor	Chris Wright

N.B. Students should aim to arrive at least 10 minutes before the start of their classes and will not be permitted to leave early without parental consent. Students will not be allowed to leave the building during break times.