

Dance ELEVATE 2024 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 8:45	Arrival	Arrival	Arrival	Arrival	Arrival
8:45 - 9:30	Conditioning (Chris)	Conditioning (Chris)	Conditioning (Sarah)	Conditioning (Sarah)	Conditioning (Sarah)
9:30 - 11:00	Group 1 Choreography Lab (Marcia) Group 2 Ballet (Sarah)	Group 1 Choreography Lab (Marcia) Group 2 Ballet (Sarah)	Group 1 Choreography Lab (Sarah) Group 2 Ballet (Tara)	Group 1 Choreography Lab (Marcia) Group 2 Ballet (Sarah)	Group 1 Choreography Lab (Marcia) Group 2 Ballet (Sarah)
11:00 - 11:15	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break
11:15 - 12:30	Group 1 Ballet (Sarah) Group 2 Choreography Lab (Marcia)	Group 1 Ballet (Sarah) Group 2 Choreography Lab (Marcia)	Group 1 Ballet (Tara) Group 2 Choreography Lab (Sarah)	Group 1 Ballet (Sarah) Group 2 Choreography Lab (Marcia)	Group 1 Ballet (Sarah) Group 2 Choreography Lab (Marcia)
12:30 - 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 2:30	Group 1 Excursion (Marcia) Group 2 Jazz (Chris)	Group 1 Excursion (Marcia) Group 2 Jazz (Chris)	Group 1 Excursion (Sarah) Group 2 Horton Technique (Marcia)	Group 1 Excursion (Sarah) Group 2 Horton Technique (Marcia)	Group 1 Excursion (Marcia) Group 2 Contemporary Floor Work (Gina)
2:30 - 4:00	Group 1 Jazz (Chris) Group 2 Excursion (Marcia)	Group 1 Jazz (Chris) Group 2 Excursion (Marcia)	Group 1 Horton Technique & Improvisation (Marcia) Group 2 Excursion (Sarah)	Group 1 Horton Technique & Improvisation (Marcia) Group 2 Excursion (Sarah)	Group 1 Contemporary Floor Work (Gina) Group 2 Excursion (Marcia)
4:00 - 4:30	Stretch and Strengthen (Chris)	Stretch and Strengthen (Chris)	Stretch and Strengthen (Marcia)	Stretch and Strengthen (Marcia)	Stretch and Strengthen (Gina)