



HoustonBallet  
Academy

**2020 ADULT INTENSIVE**

**Schedule subject to change**

**Option 1: Virtual (6 days)**

**August 10-15, 2020**

**Cost: \$300**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00 PM	5:30-7:30 PM	5:30-7:00 PM	5:30-7:30 PM	10:00-12:00 PM	10:00-12:00 PM
Technique	Technique	Technique	Technique	Technique	Technique
Break - 15 min					
7:15-8:15 PM	7:45-8:15 PM	7:15-8:15 PM	7:45-8:15	12:15-12:45 PM	12:15-12:45 PM
Body Conditioning	Variations/Dance History	Zumba	Variations/Dance History	Variations/Dance History	Variations/Dance History
				Break	
				1:00-2:00 PM	1:00-2:00 PM
				Body Conditioning	Zumba

\*All classes will be offered live through the online Zoom platform.

**Option 2: Virtual (2 day)**

**August 14-15, 2020**

**Cost: \$150**

Friday	Saturday
10:00-12:00 PM	10:00-12:00 PM
Technique	Technique
Break	
12:15-12:45 PM	12:15-12:45 PM
Variations/Dance History	Variations/Dance History
Break	
1:00-2:00 PM	1:00-2:00 PM
Body Conditioning	Zumba

\*All classes will be offered live through the online Zoom platform.