

Formation Program in Contemporary Dance

POWER AND CONTROL 360°



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 11:00 ACB - Body Conditioning for the Dancer	9:45 - 10:30 Elective	10:00 - 11:30 EFD - Directed Physical Training (Gym)	9:45 - 10:30 Elective	10:00 - 11:00 ACB - Body Conditioning for the Dancer
11:00 – 12:30 Classical Dance	10:30 – 12:00 Contemporary Dance Barre	(30 mins BREAK)	10:30 – 12:00 Contemporary Dance Barre	11:00 – 12:30 Classical Dance
12:30 – 14:00 Contemporary Dance	12:00 – 13:00 Choreography/Rehearsals	12:00 – 13:30 Classical Dance	12:00 – 13:00 Choreography/Rehearsals	12:30 – 14:00 Contemporary Dance
	13:00 – 14:00 Creation	13:30 – 15:00 Contemporary Dance	13:00 – 14:00 Partnering Body to Body	

CO – Compulsory Complements required during the course