



BALLET DIVERTIMENTO

ÉCOLE ET CENTRE CHORÉGRAPHIQUE

TYPICAL DAY

Training hours: 1:45 p.m. to 5:30 p.m. Monday to Friday (about 16 hours of training/week)

Typical dance day	
First period	Ballet
Second period	Points or Variations or Wall Barre
Pause	
Third period	Complimentary course

Complimentary courses:

- Creative workshop
- Character
- Contemporary dance
- Flamenco
- Folklore
- Force & Flex