

SAMPLE SCHEDULE for Choreographic Intensive 2025

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--------------------------------|---------------------------|--------------------------------|------------------------------|--|--|
| 9:00am - 10:30am | Orientation/Ice Breaker | Countertechnique | Contemporary | Improv | Floorwork | Pilates/Contemp |
| 10:30am - 10:45am | BREAK | BREAK | BREAK | BREAK | BREAK | BREAK |
| 10:45am - 1:00pm | Modern | Rehearsal Block #2 | Contemporary Partnering | Rehearsal Block #5 | Rehearsal Block #6 | Final Rehearsal/Cleaning |
| 1:00pm - 1:45pm | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH/PICK UP |
| 1:45pm - 4:00pm | Rehearsal Block #1 | Rehearsal Block #3 | Rehearsal Block #4 | Restorative Practices | Rehearsal Block #7 | Tech Rehearsal |
| | BREAK | BREAK | BREAK | BREAK | BREAK | BREAK |
| 4:00pm - 5:00pm | | | | | Costume Fitting/ Festival Day Brief | Dress Rehearsal |
| 7:30-9:00pm | | | | | | St. Louis Contemporary Dance Festival Performance |