

Sterling Ballet Academy

Schedule of Classes 2023-2024

Monday			Tuesday			Wednesday		
5:30-6:15 Little Dancer	5:00-6:00 Conditioning		5:15-6:30 Intermediate II	5:00-6:00 Ballet I			5:30-6:30 Ballet III	5:30-7:30 Adv Ballet
6:15-7:15 Contemporary			6:30-8:00 Adv Ballet				6:30-7:30 Intermediate I	
Thursday			Friday			Saturday		
	4:30-5:30 Ballet II		4:30-5:30 Beginning Ballet	4:30-5:30 Lyrical I	4:30-5:45 Intermediate II		9-9:45 Little Dancer	9:00-10:00 Ballet I
	5:30-6:15 Pre-Ballet		5:30-6:30 Intermediate I	5:30-6:30 Ballet III	5:45-7:45 Adv Ballet		9:45-10:30 Pre-Ballet	10:00-11:00 Ballet II
				6:30-7:30 Adult Ballet			10:30-11:30 Beginning Ballet	