

LADBROOKS 2023

Ladbrooks Hall, Barnes Road (Next to Ladbrooks School)

Monday

3.30 - 4.30	Junior 3 Jazz		
4.30 - 5.30	Level 6 Contemporary	4.30 - 5.30	Grade 2 Ballet
5.30 - 6.30	Intermediate 1 Ballet APDA	5.30 - 6.00	Stretch Class
6.30 - 7.30	Level 7 Contemporary	6.00 - 7.00	Inter Foundation Ballet
7.30 - 8.30	Intermediate Ballet RAD	7.00 - 8.00	Pointe Preparation and Progression

Tuesday

3.30 - 4.15	Beginner Class
4.15 - 5.15	Intermediate 2 Jazz
5.15 - 6.00	Jazz Extension
6.00 - 6.45	Level 8 Musical Theatre
6.45 - 7.45	Advanced 1 Jazz
7.45 - 8.30	Level 10 Contemporary

Wednesday

3.30 - 4.30	Grade 1 Ballet	3.45 - 4.45	Beginner Jazz (4.30 - 4.45 Musical Theatre component)
4.30 - 5.30	Intermediate Foundation	4.30 - 5.30	Junior 1 Jazz (4.30 - 4.45 Musical Theatre component)
5.30 - 6.30	Grade 2 Ballet	5.30 - 6.30	Musical Theatre
		6.30 - 7.00	Private Lesson

Thursday

4.15 - 5.15	Intermediate 1 Ballet APDA		
5.15 - 6.15	Stretch Conditioning (Pointe)		
6.15 - 7.30	Intermendiate Development Ballet		
7.30 - 8.30	Intermediate Ballet RAD		