



2019 XTREME TECHNIQUE SCHEDULE

June 10th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|------------------------------------|-------------------------------------|
| 4:00-4:45 | Conditioning 2 <i>Ms. Hanah</i> | Conditioning 1 <i>Ms. Shaina</i> |
| 4:45-5:30 | Tap Rhythm 1 <i>Mr. Michael</i> | Stretch/Core 2 <i>Ms. Shaina</i> |
| 5:30-6:15 | Tap Rhythm 2 <i>Mr. Michael</i> | Stretch/Core 1 <i>Ms. Shaina</i> |

July 8th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|------------------------------------|------------------------------------|
| 4:00-4:45 | Stretch/Core 1 <i>Ms. Hanah</i> | MoxieFit 2 <i>Ms. Jenn</i> |
| 4:45-5:30 | Tap 2 <i>Mr. Michael</i> | MoxieFit 1 <i>Ms. Jenn</i> |
| 5:30-6:15 | Tap 1 <i>Mr. Michael</i> | Stretch/Core 2 <i>Ms. Hanah</i> |

August 5th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|---------------------------------------|---------------------------------------|
| 4:00-4:45 | MoxieFit 2 <i>Ms. Jenn</i> | Technique 1 <i>Ms. Adrienne</i> |
| 4:45-5:30 | Tap Quickness 1 <i>Mr. Michael</i> | Stretch/Core 2 <i>Ms. Adrienne</i> |
| 5:30-6:15 | Tap Quickness 2 <i>Mr. Michael</i> | Stretch/Core 1 <i>Ms. Adrienne</i> |

June 11th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|---------------------------------------|------------------------------|
| 4:00-4:45 | Technique 1 <i>Ms. Shaina</i> | Ballet 2 <i>Ms. Paige</i> |
| 4:45-5:30 | Acro Technique 1 <i>Ms. Shaina</i> | |
| 5:30-6:15 | Acro Technique 2 <i>Ms. Shaina</i> | Ballet 1 <i>Ms. Paige</i> |

July 9th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|-------------------------------------|------------------------------|
| 4:00-4:45 | Conditioning 1 <i>Ms. Shaina</i> | Ballet 2 <i>Ms. Paige</i> |
| 4:45-5:30 | Progressions 1 <i>Ms. Shaina</i> | |
| 5:30-6:15 | MoxieFit 2 <i>Ms. Jenn</i> | Ballet 1 <i>Ms. Paige</i> |

August 6th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|-------------------------------------|------------------------------|
| 4:00-4:45 | Conditioning 1 <i>Ms. Shaina</i> | Ballet 2 <i>Ms. Paige</i> |
| 4:45-5:30 | Progressions 1 <i>Ms. Shaina</i> | |
| 5:30-6:15 | MoxieFit 2 <i>Ms. Jenn</i> | Ballet 1 <i>Ms. Paige</i> |

June 12th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|------------------------------------|-------------------------------------|
| 4:00-4:45 | Technique 2 <i>Ms. Hanah</i> | Technique 1 <i>Ms. Shaina</i> |
| 4:45-5:30 | Progressions 1 <i>Ms. Hanah</i> | Progressions 2 <i>Ms. Shaina</i> |
| 5:30-6:15 | Turns/Jumps 1 <i>Ms. Hanah</i> | Turns/Jumps 2 <i>Ms. Shaina</i> |

July 10th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|---------------------------------------|-----------------------------------|
| 4:00-4:45 | Technique 1 <i>Ms. Shaina</i> | MoxieFit 2 <i>Ms. Jenn</i> |
| 4:45-5:30 | Acro Technique 2 <i>Ms. Shaina</i> | Turns/Jumps 1 <i>Ms. Hanah</i> |
| 5:30-6:15 | Acro Technique 1 <i>Ms. Shaina</i> | Turns/Jumps 2 <i>Ms. Hanah</i> |

August 7th

| <i>Time</i> | <i>Studio 1</i> | <i>Studio 2</i> |
|-------------|---------------------------------------|-----------------------------------|
| 4:00-4:45 | Acro Technique 1 <i>Ms. Shaina</i> | MoxieFit 2 <i>Ms. Jenn</i> |
| 4:45-5:30 | Acro Technique 2 <i>Ms. Shaina</i> | MoxieFit 1 <i>Ms. Jenn</i> |
| 5:30-6:15 | Turns/Jumps 1 <i>Ms. Shaina</i> | Turns/Jumps 2 <i>Ms. Hanah</i> |

COMPANY REQUIREMENTS

Level 1 Classes - Minis & M Companies - 4 Days

Level 2 Classes - D & C Companies - 7 Days

Xtreme camps are \$35 per day