

ADULT BALLET

@ THE GRAND ACADEMY OF BALLET

Beginner | Intermediate | Advanced Levels

The Grand Academy of Ballet offers beginner to advanced **Adult Ballet** classes for ages 16 and up. Focusing on creating overall body awareness while improving posture, muscle toning and **sculpting**, increasing range and **flexibility**, balance and coordination, and promoting creative expression. **Ballet exercises relieve stress** by shifting your focus and **relaxing** your mind, so that all of the day's **anxiety** can be washed away!

We have assembled an exclusive team of **Vaganova Trained teachers** that commit to upholding the highest standards of ballet, preserving the **traditions of Vaganova** through a systematic approach, based on the culture and curriculum of the **Vaganova Method**.

ADULT BALLET SCHEDULE:

Beginner Ballet (60 Min)

Monday | 10:00 AM to 11:00 AM

Tuesday | 7:00 PM to 8:00 PM

Thursday | 7:00 PM to 8:00 PM

Wednesday | 10:00 AM to 11:00 AM

Saturday | 9:00 AM to 10:00 AM

Sunday | 9:00 AM to 10:00 AM

Intermediate/Advanced Ballet (90 Min)

Monday | 11:00 AM to 12:30 PM

Tuesday | 7:00 PM to 8:30 PM

Thursday | 7:00 PM to 8:30 PM

Wednesday | 11:00 AM to 12:30 PM

Wednesday | 7:00 PM to 8:30 PM

Saturday | 12:00 PM to 1:30 PM

Sunday | 12:00 PM to 1:30 PM

Adult Ballet Pointe (30 Min)

Tuesday | 8:30 PM to 9:00 PM

Thursday | 8:30 PM to 9:00 PM

\$10 Per Class (Advanced Ballet Only)



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