

ADULT BALLET @ THE GRAND ACADEMY

CONNECT | EXPLORE | GET FIT | AND TRANSFORM

The Grand Academy of Ballet offers **Adult Ballet classes for ages 16 and up**, catering to all skill levels **from beginners to professional dancers**. Our program emphasizes creating overall body awareness while improving **posture, muscle tone, flexibility, balance, coordination**, and promoting creative expression. **Ballet exercises are an excellent way to relieve stress, helping to shift your focus and relax your mind**, allowing the day's anxieties to fade away.

We pride ourselves on our exclusive team of **Vaganova-trained instructors** who are dedicated to upholding the highest standards of ballet. They preserve the traditions of the **Vaganova Method** through a systematic approach that reflects its rich culture and curriculum.



MORNING | AFTERNOON CLASSES

Mon | 9:00 AM to 10:00 AM – (Beginner) w/Lilit
Mon | 10:00 AM to 11:30 AM – (Lower Intermediate) w/Lilit
Mon | 11:00 AM to 12:30 PM – (Advanced/Professional) w/Ludvig
Mon | 11:30 AM to 12:00 PM – (Pointe Class) w/Lilit

* 10 AM Intermediate Adult Ballet Class is required for class participation

Tue | 10:00 to 11:00 AM – (Beginner) w/Anastasiia
Tue | 11:00 AM to 12:30 PM – (Intermediate) w/Anastasiia
Tue | 12:00 AM to 10:00 PM – (Pointe Class) w/Anastasiia

* 11 AM Intermediate Adult Ballet Class is required for class participation

Wed | 9:00 AM to 10:00 AM – (Beginner) w/Askar
Wed | 10:00 AM to 11:30 AM – (Intermediate) w/Askar
Wed | 11:00 PM to 12:30 PM – (Advanced/Professional) w/Ludvig
Wed | 11:30 AM to 12:00 PM – (Pointe Class) w/Askar

* 10 AM Intermediate Adult Ballet Class is required for class participation

Thu | 9:00 AM to 10:00 AM – (Beginner) w/Elmira
Thu | 10:00 AM to 11:30 AM – (Intermediate) w/Elmira
Thu | 11:00 AM to 12:30 PM – (Advanced/Professional) w/Ludvig
Thu | 11:30 AM to 12:00 PM – (Pointe Class) w/Elmira

* 10 AM Intermediate Adult Ballet Class is required for class participation

Fri | 9:00 AM to 10:00 AM – Ballet Conditioning – ESSETRICS® w/Zara
Fri | 10:00 AM to 11:00 AM – (Beginner) w/Arno
Fri | 11:00 AM to 12:30 PM – (Intermediate/Advanced) w/Arno

Sat | 9:00 to 10:00 AM – (Beginner) w/Anastasiia
Sat | 10:00 to 11:30 AM – (Intermediate) w/Anastasiia

Sun | 9:00 AM to 10:00 AM – (Beginner) w/Daria
Sun | 9:00 AM to 10:30 AM – (Lower Intermediate) w/Askar
Sun | 10:30 AM to 12:00 PM – (Intermediate/Advanced) w/Askar

16422 VENTURA BLVD ENCINO, CA 91436
818 582-3429 | THEGRANDBALLET.ORG

DANCE CARD RATES

\$15 | Professional Rate
\$25 | Per Class Drop in
\$120 | 5-Class Pass
\$230 | 10-Class Pass
\$330 | 15-Class Pass
\$420 | 20-Class Pass
\$600 | 30-Class Pass
\$760 | 40-Class Pass
\$900 | 50-Class Pass



THEGRANDBALLET.ORG



EVENING CLASSES

Mon | 6:00 to 7:00 PM – (Beginner II) w/Askar
Mon | 6:00 to 7:00 PM – (Stretching & Conditioning) w/Virjina
Mon | 7:00 to 8:30 PM – (Intermediate/Advanced) w/Askar
Wed | 7:00 to 8:00 PM – (Beginner) w/Virjina
Mon | 8:30 to 9:30 PM – (Variations) w/Askar

** 7:00 PM Intermediate/Advanced Ballet Class is required for Variation class participation*

Tue | 7:00 to 8:30 PM – (Lower Intermediate) w/Elmira
Tue | 8:00 to 9:00 PM – (Beginner) w/Lilit
Tue | 8:30 to 9:00 PM – (Pointe Class) w/Elmira

** 7:00 PM Lower Intermediate Ballet Class is required for Pointe class participation*

Wed | 6:00 to 7:00 PM – (Beginner II) w/Askar
Wed | 6:00 to 7:00 PM – (Stretching & Conditioning) w/Virjina
Wed | 7:00 to 8:30 PM – (Intermediate/Advanced) w/Askar
Wed | 7:00 to 8:00 PM – (Beginner) w/Virjina
Wed | 8:30 to 9:30 PM – (Variations) w/Askar

** 7:00 PM Intermediate/Advanced Adult Ballet Class is required for Pointe class participation*

Thu | 6:00 to 7:30 PM – (Variations) w/Elmira
Thu | 7:00 to 8:30 PM – (Lower Intermediate) w/Elmira
Thu | 8:00 to 9:00 PM – (Ballet Basics) w/Lilit
Thu | 8:30 to 9:00 PM – (Pointe) w/Elmira

** 7:00 PM Lower Intermediate Ballet Class is required for Pointe class participation*

Fri | 6:00 to 7:00 PM – (Stretching & Conditioning) w/Virjina
Fri | 7:00 to 8:00 PM – (Beginner) w/Virjina

BEGINNER & LOWER INTERMEDIATE BALLET CLASSES

This class introduces and expands the **fundamentals of ballet technique**, focusing on proper posture, and graceful movements. Under the guidance of experienced instructors, **students will learn foundational barre exercises, simple center work, and basic steps and combinations.** Ideal for those new to ballet or looking to refresh their skills, this class provides a supportive and inspiring environment to develop coordination, strength, and a love for the art of ballet.

INTERMEDIATE, ADVANCED & PROFESSIONAL CLASSES

Intermediate to Advanced and Professional Adult Ballet Class, students will delve into **intermediate to advanced barre work, center practice, adagio sequences, petit and grand allegro, perfecting pirouettes, and expansive jumps.** This enriching environment enhances technical prowess and artistry, offering the perfect blend of rigorous training and inspiration.

16422 VENTURA BLVD ENCINO, CA 91436

818 582-3429 | THEGRANDBALLET.OR

