

## ISS Sample Schedule

This schedule should only be used as an EXAMPLE to give parents and participants an idea of what a day at the Internatinal Summer School could look like.  
This is NOT the final ISS2025 schedule.

### Monday

Time	Juniors 1	Juniors 2	Seniors 1	Seniors 2	Seniors 3	Pre-Professional
9.00 – 9.30	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
9.30 – 11.00	LYRICAL	BALLET	BALLET	BALLET	CONTEMPORARY	BALLET
11.00 – 11.15	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
11.15 – 12.45	BALLET	LYRICAL	JAZZ	REPERTOIRE	BALLET	CONTEMPORARY
12.45 – 1.30	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1.30 – 2.45	MUSICAL THEATRE	REPERTOIRE	CONTEMPORARY	JAZZ	REPERTOIRE	REPERTOIRE
2.45 – 3.00	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3.00 – 4.15 4.15 – 4.30 cool down	REPERTOIRE	MUSICAL THEATRE	REPERTOIRE	CONTEMPORARY	COACHING/POINTE	JAZZ

## Tuesday

Time	Juniors 1	Juniors 2	Seniors 1	Seniors 2	Seniors 3	Pre-Professional
<b>9.00 – 9.30</b>	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
<b>9.30 – 11.00</b>	BALLET	JAZZ	CONTEMPORARY	BALLET	BALLET	CONDITIONING
<b>11.00 – 11.15</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
<b>11.15 – 12.45</b>	JAZZ	CONTEMPORARY	BALLET	REPERTOIRE	CONDITIONING	BALLET
<b>12.45 – 1.30</b>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>1.30 – 2.45</b>	REPERTOIRE	MUSICAL THEATRE	REPERTOIRE	CONTEMPORARY	REPERTOIRE	REPERTOIRE
<b>2.45 – 3.00</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
<b>3.00 – 4.15</b> <b>4.15 – 4.30</b> <b>cool down</b>	MUSICAL THEATRE	REPERTOIRE	PRE- POINTE/COACHING	COACHING	CHOREOGRAPHY	CONTEMPORARY

## Wednesday

Time	Juniors 1	Juniors 2	Seniors 1	Seniors 2	Seniors 3	Pre-Professional
9.00 – 9.30	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
9.30 – 11.00	BALLET	BALLET	BALLET	CONDITIOINING	BALLET	CONTEMPORARY
11.00 – 11.15	Break	Break	Break	Break	Break	Break
11.15 – 12.45	REPERTOIRE	MUSICAL THEATRE	CONDITIIONING	BALLET	CONTEMPORARY	BALLET
12.45 – 1.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30 – 2.45	CONTEMPORARY	CHARACTER	REPERTOIRE	REPERTOIRE	JAZZ	REPERTOIRE
2.45 – 3.00	Break	Break	Break	Break	Break	Break
3.00 – 4.15 4.15 – 4.30 cool down	CHARACTER	LYRICAL	PRE-POINTE COACHING	CONTEMPORARY	REPERTOIRE	JAZZ
4.30 – 5.00	TEACHERS Q and A					

## Thursday

Time	Juniors 1	Juniors 2	Seniors 1	Seniors 2	Seniors 3	Pre-Professional
9.00 – 9.30	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
9.30 – 11.00	JAZZ	BALLET	BALLET	BALLET	CONTEMPORARY	BALLET
11.00 – 11.15	Break	Break	Break	Break	Break	Break
11.15 – 12.45	BALLET	JAZZ	JAZZ	REPERTOIRE	BALLET	CONTEMPORARY SR
12.45 – 1.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30 – 2.45	MUSICAL THEATRE	REPERTOIRE	CONTEMPORARY	JAZZ	REPERTOIRE	REPERTOIRE
2.45 – 3.00	Break	Break	Break	Break	Break	Break
3.00 – 4.15 4.15 – 4.30 cool down	REPERTOIRE	MUSICAL THEATRE	REPERTOIRE	CONTEMPORARY	JAZZ	POINTE COACHING

## Friday

Time	Juniors 1	Juniors 2	Seniors 1	Seniors 2	Seniors 3	Pre-Professional
<b>9.00 – 9.30</b>	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
<b>9.30 – 11.00</b> <b>PARENT VIEWING</b>	LYRICAL	BALLET	BALLET	BALLET	CONTEMPORARY	BALLET
<b>11.00 – 11.15</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
<b>11.15 – 12.15</b>	STAGE 11.15 - 11.45	STAGE 11.15 - 11.45	CONTEMPORARY	REPERTOIRE	BALLET STAGE 11.45 - 12.15	REPERTOIRE STAGE 11.45 - 12.15
<b>12.15 – 12.45</b>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<b>12.45 – 2.15</b>			STAGE 12.45 - 1.15	STAGE 12.45 - 1.15		
<b>2.15 – 2.30</b>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
<b>3.00</b>	DEMONSTRATION	DEMONSTRATION	DEMONSTRATION	DEMONSTRATION	DEMONSTRATION	DEMONSTRATION