

YDW Sample Week Day Schedule

7-9am	Breakfast
8:15-8:45am	Optional Warmup class (incorporating stretching, yoga, Pilates, etc)
9-10:30am	1st period class (Ballet or Modern)
10:30-11am	Break between classes
11-12:30pm	2 nd period class (Ballet or Modern)
12:30-1:30pm	Lunch
2-3:15pm	3 rd period class (electives)
3:15-3:45pm	Break between classes
3:45-5pm	4 th period class (electives)
5-7:15pm	Dinner & time to freshen up
7:30pm	Evening activities

Weekends include time for rest, laundry, informal activities, off-campus trips, workshops, performances and more