

Virginia Ballet Company and School
2023-2024 Fall Curriculum Class Schedule
Adult Dance Program
August 28, 2023 - January 28, 2024

Monday			
10:00AM-11:30AM	• All Levels Ballet	• Miegel	• Studio B
11:30AM-12:30PM	• Modern/Contemporary	• Miegel	• Studio A
7:00PM-8:00PM	• Beginning Ballet	• Siller	• Cardinal Gymnastics
7:00PM-8:00PM	• Intermediate Ballet	• Mohamed	• Studio A
8:00PM-9:00PM	• Variations/Pointe	• Mohamed	• Studio A
8:00PM-9:00PM	• Modern/Contemporary	• Gimore	• Cardinal Gymnastics
7:30PM-8:30PM	• Stretch Tone Yoga	• Mirabello	• Zoom
Tuesday			
10:00AM-11:00AM	• Beginning Tap	• Miegel	• Studio A
11:00AM-12:30PM	• Intermediate Ballet	• Mizzoni	• Studio A
12:45PM-1:15PM	• Beginning/Intermediate Pointe (By Invitation Only)	• Mizzoni	• Studio A
7:30PM-8:30PM	• Beginning Ballet	• Bernero	• Studio C
7:30PM-8:30PM	• Intermediate Tap	• Miegel	• Studio B
Wednesday			
10:00AM-11:30AM	• Intermediate Ballet	• Fadeyeva	• Studio A
11:30AM-12:30PM	• Intermediate Flamenco	• Fadeyeva	• Studio A
7:30PM-8:30PM	• Stretch Tone Yoga	• Mirabello	• Zoom
7:00PM-8:30PM	• Intermediate Ballet & Pointe	• Gilmore	• Cardinal Gymnastics
Thursday			
9:15AM-10:15AM	• Center Floor Barre	• Rubin	• Studio A
10:15AM-11:45AM	• Intermediate Ballet	• Rubin	• Studio A
6:30PM-7:30PM	• Beginning Flamenco	• Nojima-Schmunk	• Cardinal Gymnastics
7:30PM-9:00PM	• Advanced Beginner Ballet	• Gilmore	• Studio A
Saturday			
8:30AM-10:00AM	• Intermediate Ballet	• Bernero	• Studio C

Notes:

- Class Drop-in Rate: \$20
- 10 Class Card: \$165 (Valid for 6 months)
- 20 Class Card: \$295 (Valid for 6 months)
- Unlimited Monthly Card: \$150
- College Student Class Card Rates: 10 class card - \$75 and 20 class card - \$125 (both valid for 6 months)
- Cardinal Gymnastics classes are held in the Dance Room. The teacher will meet students in the lobby before class.

**Class schedule is subject to change. Virginia Ballet Company and School reserves the right to add, cancel, or combine classes on the class schedule based on class enrollment and or substitute instructors.*