

## Rhythmic Boot Camp Schedule

There will be breaks in the first and second half of training.  
Bring your own lunch, nut-free snacks and a refillable water bottle!

### WEEK 1

July 7-11	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
10:00am	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	OFF
10:15am	Stretching	Stretching	Stretching	Stretching	
10:30am	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	
10:50am	Body technique: Flexibility	Body technique: Jumps	Body technique: Turns	Body technique: Balances	
11:10am	Apparatus technique  Ribbon	Apparatus technique  Rope/Ball	Apparatus technique  Hoop/Clubs	Apparatus technique for group & teamwork Partner+ Group work	
12:00pm	Lunch	Lunch	Lunch	Lunch	
12:30- 1:30pm	Dance Contemporary Guest Instructor Guest Coach (1230-2pm)	Dance Reggaeton	Dance Bollywood	Dance Jazz	
1:30-2pm	Dance continued	Conditioning	Conditioning	Conditioning	

## WEEK 2

July 14-18	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
10:00am	Cardio Warm-up	Warm-up with	Warm-up with	Warm-up with	OFF
10:15am	Stretching	Stretching	Stretching	Stretching	
10:30am	Trampoline/Acro	Flexibility	Flexibility	Flexibility	
10:50am	Body technique: Flexibility	Apparatus	Apparatus	Apparatus	
11:10am	Apparatus technique Choice*	Apparatus	Apparatus	Apparatus	
12:00pm	Lunch	Lunch	Lunch	Lunch	
12:30- 1:30pm	Dance Belly Dance	Body technique: Turns	Body technique: Jumps	Body technique: Turns with apparatus	
1:30-2pm	Conditioning	Conditioning	Conditioning	Conditioning	

## WEEK 3

July 21-25	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
10:00am	off	Dance Contemporary partner work Guest Instructor	Cardio Warm-up	Cardio Warm-up	Warm-up with
10:15am		II	Stretching	Stretching	Stretching
10:30am		II	Trampoline/Acro	Trampoline/Acro	Flexibility
10:50am		II	Body technique: Acrobatics	Body technique: Body waves and swings	Apparatus
11:10am		Dance Hip Hop Guest Instructor	Apparatus technique Choice*	Lifts for group & Partner/ Group work	Apparatus
12:00pm		Lunch	Lunch	Lunch	Lunch
12:30- 1:30pm		Body technique: Turns	Dance Belly Dance	Dance Afro-Cuban	Body technique: Turns with apparatus
1:30-2pm		Conditioning	Conditioning	Conditioning	Conditioning Contest

## WEEK 4

July 28- August 1	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Aug 1
10:00am	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	OFF
10:15am	Stretching	Stretching	Stretching	Stretching	
10:30am	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	
10:50am	Body technique: Flexibility	Body technique: Jumps	Body technique: Turns	Body technique: Balances	
11:10am	Dance Ballet Teria	Apparatus technique Choice*	Routines	Performance Practice	
12:00pm	Lunch	Lunch	Lunch	Lunch	
12:30- 1:30pm	Apparatus Masteries with Masha V.	Dance Salsa Teria	Dance Lyrical Teria	Dance 90s Hip Hop Teria	
1:30-2pm	Conditioning	Conditioning	Conditioning	Conditioning	

## WEEK 5

August 4-8	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
10:00am	OFF	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up
10:15am		Stretching	Stretching	Stretching	Stretching
10:30am		Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro
10:50am		Body technique: Jumps	Body technique: Turns	Body technique: Balances	Body technique: Turns
11:10am		Apparatus technique Choice* & Routines	Dance First Nations Fusion	Apparatus technique for group & teamwork Partner+ Group work	Turns and Acro Contest
12:00pm		Lunch	Lunch	Lunch	Lunch
12:30- 1:30pm		Dance Flamenco Guest Instructor (12:30-2pm)	Apparatus technique	Dance Samba	Dance Musical Theatre
1:30-2pm		Dance Continued	Conditioning	Conditioning	Conditioning

## WEEK 6

August 11-15	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
10:00am	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	OFF
10:15am	Stretching	Stretching	Stretching	Stretching	
10:30am	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	
10:50am	Body technique: Flexibility	Body technique: Jumps	Body technique: Turns	Body technique: Balances	
11:10am	Apparatus technique Ribbon & Routines	Apparatus technique Rope/Ball & Routines	Apparatus technique Hoop/Clubs & Routines	Performance Practice	
12:00pm	Lunch	Lunch	Lunch	Lunch	
12:30-1:30pm	Dance Improv	Dance Cha Cha Cha	Dance Flamenco Guest Instructor (12:30-2pm)	Dance Country Line Dance	
1:30-2pm	Conditioning	Conditioning	Dance continued	Conditioning	

## Week 7

August 18-22	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
10:00am	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up	Cardio Warm-up
10:15am	Stretching	Stretching	Stretching	Stretching	Stretching
10:30am	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro	Trampoline/Acro
10:50am	Body technique: Flexibility	Body technique: Jumps	Body technique: Turns	Body technique: Balances	Body technique: Turns
11:10am	Apparatus technique Ribbon & Routines	Apparatus technique Rope/Ball & Routines	Apparatus technique Hoop/Clubs & Routines	Performance Practice and Group Work	Turns and Acro Contest
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-1:30pm	Dance Improv	Dance Cha Cha Cha	Dance Greek Dance	Dance House Dance	Dance Gymnasts" choice:)
1:30-2pm	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning Contest