



ROYAL  
BALLET  
SCHOOL

## JUNIORS TIMETABLE – ONLINE SUMMER INTENSIVE 2021

### TUESDAY 13 JULY 2021

10.15-11.40 – Junior mixed masterclass  
12.15-13.15 – Talk: Nutrition for Healthy  
Dancers with Louise Gubb, Nutritionist at The  
Royal Ballet School  
13.45-15.10 – Junior/Mid boys private group  
class  
14.15-15.10 – Junior girls focus class  
15.45-17.10 – Junior mixed masterclass  
16.30-17.15 – Junior/Mid mixed focus class

### WEDNESDAY 14 JULY 2021

10.30-11.55 – Junior mixed masterclass  
10.30-11.30 – Talk: Psychology for wellbeing  
and performance with Huw Goodwin,  
Healthcare Manager at The Royal Ballet  
School  
12.00-13.25 – Junior girls private group class  
13.45-14.40 – Junior mixed Pilates

### THURSDAY 15 JULY 2021

10.15-11.40 – Junior girls masterclass  
12.00-13.25 – Junior mixed masterclass  
12.30-13.55 – Junior girls private group class  
13.45-15.10 – Junior girls private group class  
15.15-16.00 – Junior mixed focus class  
15.45-17.10 – Junior/Mid boys private group  
class

### FRIDAY 16 JULY 2021

10.00-11.25 – Junior mixed masterclass  
12.00-12.55 – Junior mixed Pilates  
12.15-13.40 – Junior girls private group class  
14.15-15.10 – Junior girls focus class  
14.30-15.25 – Junior/Mid boys mime class  
14.45-15.40 – Junior boys focus class  
16.00-16.55 – Junior/Mid girls mime class

### SATURDAY 17 JULY 2021

10.00-11.15 – Junior mixed masterclass  
12.00-13.25 – Junior girls private group class  
14.15-15.10 – Junior/Mid boys focus class  
15.30-17.00 – Artistic staff and pianist Q&A

#### ON DEMAND

Talk: Supplementary training with Niall  
McSweeney, Sport Scientist at  
The Royal Ballet School

Talk: Foot strength with Markella Kefallonitou,  
Pilates Teacher at  
The Royal Ballet School

Talk: Strong arabesques with Markella  
Kefallonitou, Pilates Teacher at  
The Royal Ballet School

*Please note: all times are in BST (British  
Summer Time)*