



ROYAL BALLET SCHOOL

MIDS TIMETABLE – ONLINE SUMMER INTENSIVE 2021

TUESDAY 13 JULY 2021

10.30-11.55 – Mid mixed masterclass
12.00-13.25 – Mid mixed contemporary class
12.15-13.15 – Talk: Nutrition for Healthy
Dancers with Louise Gubb, Nutritionist at The
Royal Ballet School
12.00-13.25 – Mid girls private group class
13.45 – 15.10 – Junior/Mid private group class
16.30-17.15 – Junior/Mid mixed focus class

WEDNESDAY 14 JULY 2021

10.15-11.25 – Mid mixed Pilates class
10.30-11.30 – Talk: Psychology for wellbeing
and performance with Huw Goodwin,
Healthcare Manager at The Royal Ballet
School
12.30-13.55 – Mid mixed masterclass
14.45-15.40 – Mid girls focus class
16.00-17.25 – Mid mixed contemporary class

THURSDAY 15 JULY 2021

10.00-11.25 – Mid mixed masterclass
13.30-14.55 – Mid girls private group class
16.15-17.00 – Mid mixed focus class

FRIDAY 16 JULY 2021

10.00-11.25 – Mid girls private group class
10.15-11.40 – Mid mixed masterclass
13.15-14.10 – Mid mixed Pilates class
14.00-15.25 – Mid mixed contemporary class
14.30-15.25 – Junior/Mid boys mime class
16.00-16.55 – Junior/Mid girls mime class
16.00-16.55 – Mid mixed focus class

SATURDAY 17 JULY 2021

10.00-11.25 – Mid girls masterclass
12.00-13.25 – Mid mixed masterclass
13.45-15.10 – Mid girls private group class
14.15-15.10 – Mid girls focus 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)*