



ROYAL  
BALLET  
SCHOOL

## SENIORS TIMETABLE – ONLINE SUMMER INTENSIVE 2021

### TUESDAY 13 JULY 2021

10.30-11.25 – Senior mixed masterclass  
12.15-13.15 – Talk: Nutrition for Healthy Dancers with Louise Gubb, Nutritionist at The Royal Ballet School  
12.30-13.55 – Senior women private group class  
14.00-15.25 – Senior mixed contemporary class  
15.45-16.40 – Senior women mime class  
16.00-17.25 – Senior mixed masterclass

### WEDNESDAY 14 JULY 2021

10.00-11.25 – Senior mixed Pilates class  
10.30-11.30 – Talk: Psychology for wellbeing and performance with Huw Goodwin, Healthcare Manager at The Royal Ballet School  
11.45-12.55 – Senior mixed Pilates class  
14.00-15.25 – Senior mixed contemporary class  
15.45-17.10 – Senior women private group class  
16.15-17.10 – Senior women focus class

### THURSDAY 15 JULY 2021

10.30-11.55 – Senior mixed masterclass  
14.15-15.10 – Senior mixed focus class  
15.45-17.10 – Senior mixed private group class

### FRIDAY 16 JULY 2021

10.15-11.40 – Senior mixed masterclass  
12.30-13.55 – Senior women private group class  
15.45-17.10 – Senior mixed contemporary class

### SATURDAY 17 JULY 2021

9.45-11.10 – Senior mixed masterclass  
11.45-12.40 – Senior mixed Pilates class  
13.00-13.55 – Senior mixed 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)*