

STRICTY SEATTLE WEEK 1 July 9 - July 15

MONDAY 9			TUESDAY 10			WEDNESDAY 11			THURSDAY 12			FRIDAY 13			SAT 14		SUN 15		
FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	KAWASAKI	FOUNDERS	KAWASAKI	
9			9			9			9			9			9	ONGOING CLASS	ONGOING CLASS		
:15			:15			:15			:15			:15			:15	Beginning	Yoga		
:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	Modern	9-10.15am		
:45	CONT	CONT	:45	DANCE	BALLET	:45	CONT	CONT	:45	DANCE	BALLET	:45	CONT	CONT	:45	Founders	Kawasaki		
10	Christiana	Lavi	10	CHURCH	Yellow	10	Lavi	Christiana	10	CHURCH	Yellow	10	Lavi	Stephanie				ONGOING CLASS	
:15			:15	Blue	Andrew	:15	Blue	Yellow	:15	Blue	Kate	:15	Blue	Yellow				Dance	
:30			:30	Kate		:30			:30			:30						Church	
:45			:45			:45			:45			:45						10-11.30am	
11			11			11			11			11			11	STRICTLY			
:15			:15			:15			:15			:15			:15	OUTSIDE			
:30	PROF/ADV	AFTERNOON	:30	PROF/ADV	AFTERNOON	:30	PROF/ADV	AFTERNOON	:30	PROF/ADV	AFTERNOON	:30	PROF/ADV	AFTERNOON	:30	11AM - Tour			
:45	CREATIVE	BEG HIP	:45	CREATIVE	BEG HIP	:45	CREATIVE	BEG HIP	:45	CREATIVE	BEG HIP	:45	CREATIVE	BEG HIP	:45	12PM			
12	Alia	Jaret	12	Alia	Jaret	12	Alia	Jaret	12	Alia	Jaret	12	Alia	Jaret	12	Performance			ONGOING CLASS
:15			:15			:15			:15			:15			:15	Freeway Park			Beginning
:30			:30			:30			:30			:30			:30				Ballet
:45			:45			:45			:45			:45			:45				11.45-1.15pm
1			1			1			1			1			1				Kawasaki
:15			:15			:15			:15			:15			:15				
:30			:30	Lunchtime		:30			:30	Lunchtime		:30	Student		:30				
:45			:45	Talk		:45			:45	Talk		:45	Showing		:45				
2			2	Injury		2			2	Nutrition		2	Meeting		2				ONGOING CLASS
:15			:15	Prevention		:15			:15			:15			:15				Movement
:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30	PROF/ADV	PROF/ADV	:30				Jam
:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45				2-4.30pm
3	Jody	Zoe	3	Jody	Zoe	3	Jody	Heather	3	Jody	Heather	3	Jody	Heather	3				Founders
:15		FILM TRACK	:15		FILM TRACK	:15			:15			:15			:15				ONGOING CLASS
:30		KT	:30		KT	:30			:30			:30			:30				Beginning
:45			:45			:45			:45			:45			:45				Classical Odissi
4			4			4			4			4			4				3-4pm
:15			:15			:15			:15			:15			:15				Kawasaki
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
5			5			5			5			5			5				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30	Student		:30				
:45			:45			:45			:45			:45	Showing		:45				
6	INT	BEG	6	INT	BEG	6	INT	BEG	6	INT	BEG	6	INT	BEG	6				SH*T GOLD
:15	CONT	CONT	:15	CONT	BALLET	:15	CONT	CONT	:15	CONT	BALLET	:15	CONT	CONT	:15				6-10pm
:30	Amy	Maya	:30	Daniel	Natascha	:30	Daniel	Maya	:30	Daniel	Natascha	:30	Amy	Maya	:30				Founders
:45		Nico	:45			:45			:45			:45			:45				
7			7			7			7			7			7				
:15			:15			:15			:15			:15			:15				
:30	INT	INT	:30	BEG	INT	:30	INT	BEG	:30	INT	INT	:30	BEG	INT	:30	BEG	INT		
:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE	:45	REHEARSE	REHEARSE		
8	Daniel	Marlo	8	Maya	Daniel	8	Marlo	Maya	8	Daniel	Marlo	8	Maya	Daniel	8	Daniel	Marlo		
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
9			9			9			9			9			9				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				

COLOR KEY:	Beginning Technique	Intermediate Technique	Intermediate Rehearsal		
	Beginning Rehearsal	Advanced Yellow Technique	Advanced Rehearsal		
	Creative Practices Classes	Advanced Blue Technique	Special Events		

STRICTY SEATTLE WEEK 2 July 16 - July 22

MONDAY 16			TUESDAY 17			WEDNESDAY 18			THURSDAY 19			FRIDAY 20			SAT 21		SUN 22		
FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	KAWASAKI	FOUNDERS	KAWASAKI	
9			9			9			9			9			9	ONGOING CLASS Beginning Modern 9-10.15am Founders	ONGOING CLASS Yoga 9-10.15am Kawasaki		
:15			:15			:15			:15			:15			:15				
:30	PROF/ADV CONT Yellow Christiana	PROF/ADV CONT Blue Lavi	:30	PROF/ADV AFRICAN Blue Etienne	PROF/ADV Ballet Yellow Andrew	:30	PROF/ADV CONT Yellow Lavi	PROF/ADV CONT Blue Christiana	:30	PROF/ADV AFRICAN Yellow Etienne	PROF/ADV Ballet Blue Andrew	:30	PROF/ADV CONT Blue Stephanie	PROF/ADV CONT Yellow Lavi	:30				
:45			:45			:45			:45			:45			:45				
10			10			10			10			10			10			ONGOING CLASS Dance Church 10-11.30am Founders	
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
11			11			11			11			11			11				
:15			:15			:15			:15			:15			:15				
:30	PROF/ADV CREATIVE PROCESS Dani	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS Dani	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS Dani	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS Dani	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS Dani	AFTERNOON BEG HIP HOP Jaret	:30				
:45			:45			:45			:45			:45			:45				
12			12			12			12			12			12				ONGOING CLASS Beginning Ballet 11.45-1.15pm Kawasaki
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
1			1			1			1			1			1				
:15			:15			:15			:15			:15			:15				
:30			:30	Lunchtime Talk Seattle Dance / Dance as a Profession		:30			:30	Lunchtime Talk Managing Stress in the digital age		:30		Student Showing Meeting	:30				
:45			:45			:45			:45			:45			:45				
2			2			2			2			2	BEG HH LD Showing		2			ONGOING CLASS Movement Jam 2-4.30pm Founders	
:15			:15			:15			:15			:15			:15				
:30	PROF/ADV REHEARSE Zoe	PROF/ADV REHEARSE Heather 10d // FILM TRACK KT	PROF/ADV REHEARSE Jody	PROF/ADV REHEARSE Zoe	PROF/ADV REHEARSE Heather 10d // FILM TRACK KT	PROF/ADV REHEARSE Jody	PROF/ADV REHEARSE Zoe	PROF/ADV REHEARSE Heather 10d // FILM TRACK KT	PROF/ADV REHEARSE Jody	PROF/ADV REHEARSE Zoe	PROF/ADV REHEARSE Heather 10d // FILM TRACK KT	PROF/ADV REHEARSE Jody	PROF/ADV REHEARSE Zoe	PROF/ADV REHEARSE Heather 10d // FILM TRACK KT	PROF/ADV REHEARSE Jody				
:45			:45			:45			:45			:45			:45				
3			3			3			3			3			3				ONGOING CLASS Beginning Classical Odissi 3-4pm Kawasaki
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
4			4			4			4			4			4				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
5			5			5			5			5			5				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
6	INT CONT Amy		BEG CONT Maya	6	INT CONT Daniel		BEG Ballet Natascha	6	INT Ballet Natascha		BEG CONT Maya	6	INT CONT Daniel		BEG CONT Maya				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
7			7			7			7			7			7				
:15			:15			:15			:15			:15			:15				
:30	INT REHEARSE Marlo	BEG REHEARSE Maya	INT REHEARSE Daniel	INT REHEARSE Daniel	INT REHEARSE Marlo	BEG REHEARSE Maya	INT REHEARSE Daniel	INT REHEARSE Marlo	INT REHEARSE Marlo	BEG REHEARSE Maya	INT REHEARSE Daniel	INT REHEARSE Marlo	INT REHEARSE Daniel	INT REHEARSE Marlo	BEG REHEARSE Maya			STRICTLY SEATTLE PARTICIPANTS PERFORMANCE 7pm Founders	
:45			:45			:45			:45			:45			:45				
8			8			8			8			8			8				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
9			9			9			9			9			9				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				
9			9			9			9			9			9				
:15			:15			:15			:15			:15			:15				
:30			:30			:30			:30			:30			:30				
:45			:45			:45			:45			:45			:45				

COLOR KEY:

Beginning Technique	Intermediate Technique	Intermediate Rehearsal	Technical Rehearsals
Beginning Rehearsal	Advanced Yellow Technique	Advanced Rehearsal	
Creative Practices Classes	Advanced Blue Technique	Special Events	

STRICTY SEATTLE WEEK 3 July 23 - July 28

MONDAY 23			TUESDAY 24			WEDNESDAY 25			THURSDAY 26			FRIDAY 27			SATURDAY 28				
FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI		
9			9			9			9			9			9	ONGOING CLASS		9	ONGOING CLASS
:15			:15			:15			:15			:15			:15	Beginning		:15	Yoga
:30	PROF/ADV CONT Blue Christiana	PROF/ADV CONT Yellow Lavi	:30	PROF/ADV HIP HOP Jaret	PROF/ADV BALLET Yellow Andrew	:30	PROF/ADV CONT Blue Christiana	PROF/ADV HIP HOP Jaret	:30	PROF/ADV BALLET Blue Andrew	PROF/ADV CONT Blue Stephanie	:30	PROF/ADV CONT Blue Stephanie	PROF/ADV CONT Yellow Lavi	:30	Modern		:30	9-10.15am Kawasaki
:45			:45			:45			:45			:45			:45	Founders		:45	
10			10			10			10			10			10			10	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
11			11			11			11			11			11			11	
:15			:15			:15			:15			:15			:15			:15	
:30	PROF/ADV CREATIVE PROCESS KT	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS KT	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS KT	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS KT	AFTERNOON BEG HIP HOP Jaret	:30	PROF/ADV CREATIVE PROCESS KT	AFTERNOON BEG HIP HOP Jaret	:30			:30	
:45			:45			:45			:45			:45			:45			:45	
12			12			12			12			12			12			12	
:15			:15			:15			:15			:15			:15	ADV/PRO	BEG/INT WARM UP	:15	ONGOING CLASS
:30			:30			:30			:30			:30			:30	WARM UP	BPH	:30	Hip-Hop
:45			:45			:45			:45			:45			:45			:45	12.15-1.45pm
1			1			1			1			1			1	1pm All Dancers to BPH			
:15			:15			:15			:15			:15			:15				
:30	Lunchtime Talk Building home inside and out		:30			:30	Lunchtime Talk Low back pain for dancers		:30			:30			:30				
:45			:45			:45			:45			:45			:45				
2			2			2			2			2			2				
:15			:15			:15			:15			:15			:15				
:30	PROF/ADV REHEARSE Heather	PROF/ADV REHEARSE Jody 10d // FILM TRACK KT	:30	PROF/ADV REHEARSE Heather	PROF/ADV REHEARSE Alice 10d // FILM TRACK KT	:30	PROF/ADV REHEARSE Heather	PROF/ADV REHEARSE Jody 10d // FILM TRACK KT	:30	PROF/ADV REHEARSE Heather	PROF/ADV REHEARSE Jody 10d // FILM TRACK KT	:30	PROF/ADV REHEARSE Heather	PROF/ADV REHEARSE Jody 10d // FILM TRACK KT	:30	2 - 4pm 2		:30	SHOW BPH
:45			:45			:45			:45			:45			:45			:45	
3			3			3			3			3			3			3	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
4			4			4			4			4			4			4	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
5			5			5			5			5			5			5	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
6	INT CONT Amy	BEG CONT Maya //	6	INT CONT Daniel		6	INT BALLET Natascha //	BEG CONT Maya	6	INT CONT Daniel	FILM TRACK TECH BPH 6-7:30	6	ADV/PRO WARM UP	BEG/INT WARM UP BPH	BEG HH WARM UP	6	ADV/PRO WARM UP	BEG/INT WARM UP BPH	BEG HH WARM UP
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
7			7			7			7			7			7			7	
:15			:15			:15			:15			:15			:15			:15	
:30	BEG REHEARSE Maya	INT REHEARSE Daniel	:30	INT REHEARSE Marlo	BEG TECH Maya BPH 6:30-8:30	:30	INT REHEARSE Daniel	INT REH (Steward) Marlo	:30	BEG REHEARSE Maya		:30	7pm All Dancers to BPH			:30	7pm All Dancers to BPH		
:45			:45			:45			:45			:45			:45			:45	
8			8			8			8			8			8			8	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
9			9			9			9			9			9			9	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	
9			9			9			9			9			9			9	
:15			:15			:15			:15			:15			:15			:15	
:30			:30			:30			:30			:30			:30			:30	
:45			:45			:45			:45			:45			:45			:45	

COLOR KEY:

Beginning Technique	Intermediate Technique	Intermediate Rehearsal	Warm Up / Dress Rehearsal
Beginning Rehearsal	Advanced Yellow Technique	Advanced Rehearsal	Dancer to BPH
Creative Practices Classes	Advanced Blue Technique	Special Events	Show Times
		Technical Rehearsals	

FAREWELL PARTY
Founders