

# PRESENCE | SCHEDULE HAMBURG BALLET DANCE INTENSIVE 28-29 JAN 2023

<b>SATURDAY</b>	<b>Studio 1 without online transmission</b>	<b>Studio 2 with online transmission</b>
09.45 - 11.45	A) Épaulement, Alignment, Posen Daria	B) Floor Barre, Stretching, Placement standing Anastassiya
12.00 - 14.00	C) Upper body coordination, breathing, expression Anastassiya	D) Classical Variations & Character Dances Daria
<b>30 minutes lunch break</b>		
14.30 - 16.30	E) Classical Variations & Character Dances Anastassiya	F) Jumps & Jumping technique Ivan
16.45 - 18.45	G) Adagios - small & big Daria	H) Turns & Turning technique Karen

<b>SUNDAY</b>	<b>Studio 1 without online transmission</b>	<b>Studio 2 with online transmission</b>
09.45 - 11.45	I) Épaulement, Alignment, Posen Daria	J) Floor Barre, Stretching, Placement standing Anastassiya
12.00 - 14.00	K) Upper body coordination, breathing, expression Anastassiya	L) Turns & Turning technique Karen
<b>30 minutes lunch break</b>		
14.30 - 16.30	M) Classical Variations & Character Dances Daria	N) Jumps & Jumping technique Ivan
16.45 - 18.45	O) Adagios - small & big Daria	P) Classical Variations & Character Dances Anastassiya