

## MONDAY BALLET

### PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

#### At the Barre

- Plies
- Tendus
- Ronds de Jambe
- Frappe
- Stretch
- Developpes
- Grands Battements (kicks)

#### In Center

- Pirouettes
- 4 balances
- 4 singles
- 4 doubles
- Turns in second or fouette turns
- Developpes (Right and Left leg)
- Front
- Side
- Back
- Allegro (jumps)
- Four in 1st
- Four in 2nd
- 4 alternating feet in 3rd or 5th position
- On toes, plies and 1 beat

#### Across the Floor

- Pique turns
- 3 pique turns and 1 attitude turn
- Left and Right leg leaps
- 4 hops and one leap (right and left side)

