



# FRESH

August 10-11, 2024  
509 Parliament Street  
Toronto, Canada

DAY ONE: Saturday August 10		
	Junior/Inter	Senior/Advanced
9:30-10:00	Sign In	
10:00-10:15	Welcome and Goal Setting	
10:15-11:00	Body Mind Activation	Body Mind Activation
11:00 - 12:00 (Class 1)	Hip Hop	Improvisation
12:00 - 12:15	BREAK	BREAK
12:15 - 1:15 (Class 2)	Contemporary	Jazz
1:15 - 2:15	LUNCH	LUNCH
2:15 - 3:15 (Class 3)	Improvisation	Hip Hop
3:15 - 4:15 (Class 4)	Jazz	Contemporary
4:15 - 4:30	Reflection	
4:30 - 5:00	Meet the Faculty: Q&A	

DAY TWO: Sunday August 11		
	Junior/Inter	Senior/Advanced
10:00-10:15	Goal Setting	
10:15-11:00	Body Mind Activation	Body Mind Activation
11:00 - 12:00 (Class 1)	Hip Hop	Improvisation
12:00 - 12:15	BREAK	BREAK
12:15 - 1:15 (Class 2)	Contemporary	Jazz
1:15 - 2:15	LUNCH	LUNCH
2:15 - 3:15 (Class 3)	Improvisation	Hip Hop
3:15 - 4:15 (Class 4)	Jazz	Contemporary
4:15 - 4:30	Reflection	
4:30 - 5:00	Combo Review	

**SCHEDULE SUBJECT TO CHANGE.**

*Reminder: Please bring a notebook and pen or pencil with you each day!*

**Follow us on social media!**

**@toesfordance**

**#freshdanceintensive**

**#toesfordance**