



Weekly Lesson Plan

Class Level:	Class Length:	Month 1:
Instructor:	Class:	
Objectives:		
Movement Concepts:		
Music:		
Props:		
Supplies:		
Video Training:		
Teacher Notes:		
<i>Class Beginning</i>		
<i>Warm-Up</i>		
<i>Center Barre</i>		

<i>Center Work</i>		
<i>Across the Floor</i>		
<i>Creative Movement</i>		
<i>Class Ending</i>		
Teacher's Notes: 		