



Weekly Lesson Plan

Class Level:

Class Length:

Month 1:

Instructor:

Class:

Objectives:

Movement Concepts:

Music:

Props:

Supplies:

Video Training:

Teacher Notes:

Class Beginning

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Warm-Up

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Center Barre

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