STRICTY SEATTLE **WEEK 1** July 9 - July 15

	MONDAY 9			TUESDAY 10			WEDNESDAY 11			THURSDAY 12			FRIDAY 13			SAT 14	SUN 15
	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	FOUNDERS
9				**9**			**9**			**9**			**9**			**9**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
10				**10**			**10**			**10**			**10**			**10**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
11				**11**			**11**			**11**			**11**			**11**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
12				**12**			**12**			**12**			**12**			**12**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
1				**1**			**1**			**1**			**1**			**1**	
:15				:15			:15			:15			:15			:15	
:30				:30	**Lunchtime Talk** *Injury Prevention*		:30			:30	**Lunchtime Talk** *Nutrition*		:30			:30	
:45				:45			:45			:45			:45			:45	
2				**2**			**2**			**2**			**2**			**2**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
3				**3**			**3**			**3**			**3**			**3**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
4				**4**			**4**			**4**			**4**			**4**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
5				**5**			**5**			**5**			**5**			**5**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
6	INT CONT **Amy**			**6**	INT CONT **Daniel**		**6**	INT BALLET **Natascha** //		**6**	INT CONT **Daniel**		**6**	INT CONT **Amy**		**6**	**SH*T GOLD 6-10pm Founders**
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
7				**7**			**7**			**7**			**7**			**7**	
:15				:15			:15			:15			:15			:15	
:30	INT REHEARSE **Daniel**	INT REHEARSE **Marlo**		:30		INT REHEARSE **Daniel**	:30	INT REHEARSE **Marlo**		:30	INT REHEARSE **Daniel**	INT REHEARSE **Marlo**	:30		INT REHEARSE **Daniel**	:30	
:45				:45			:45		INT REHEARSE **Daniel**	:45			:45			:45	
8				**8**			**8**			**8**			**8**			**8**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	
9				**9**			**9**			**9**			**9**			**9**	
:15				:15			:15			:15			:15			:15	
:30				:30			:30			:30			:30			:30	
:45				:45			:45			:45			:45			:45	

STRICTLY OUTSIDE 11-2pm TBC Freeway Park

STRICTY SEATTLE **WEEK 2** July 16 - July 22

	MONDAY 16				TUESDAY 17				WEDNESDAY 18				THURSDAY 19				FRIDAY 20				SAT 21	SUN 22
	FOUNDERS	STEWARD	KAWASAKI		FOUNDERS	STEWARD	KAWASAKI		FOUNDERS	STEWARD	KAWASAKI		FOUNDERS	STEWARD	KAWASAKI		FOUNDERS	STEWARD	KAWASAKI		FOUNDERS	FOUNDERS
9				**9**				**9**				**9**				**9**				**9**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
10				**10**				**10**				**10**				**10**				**10**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
11				**11**				**11**				**11**				**11**				**11**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
12				**12**				**12**				**12**				**12**				**12**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
1				**1**				**1**				**1**				**1**				**1**		
:15				:15				:15				:15				:15				:15		
:30				:30	**Lunchtime Talk** *Seattle Dance / Dance as a Profession*			:30				:30	**Lunchtime Talk** *Managing Stress in the digital age*			:30				:30		
:45				:45				:45				:45				:45				:45		
2				**2**				**2**				**2**				**2**				**2**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
3				**3**				**3**				**3**				**3**				**3**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
4				**4**				**4**				**4**				**4**				**4**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
5				**5**				**5**				**5**				**5**				**5**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
6	INT CONT **Amy**			**6**	INT CONT **Daniel**			**6**	INT BALLET **Natascha**			**6**	INT CONT **Daniel**			**6**	INT CONT **Amy**			**6**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
7				**7**				**7**				**7**				**7**				**7**	**STRICTLY SEATTLE PARTICIPANTS PERFORMANCE 7pm Founders**	
:15				:15				:15				:15				:15				:15		
:30	INT REHEARSE **Marlo**		INT REHEARSE **Daniel**	:30	INT REHEARSE **Daniel**	INT REHEARSE **Marlo**		:30		INT REHEARSE **Daniel**	INT REHEARSE **Marlo**	:30	INT REHEARSE **Marlo**		INT REHEARSE **Daniel**	:30	INT REHEARSE **Daniel**	INT REHEARSE **Marlo**		:30		
:45				:45				:45				:45				:45				:45		
8				**8**				**8**				**8**				**8**				**8**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		
9				**9**				**9**				**9**				**9**	**INT/BEG LD Showing**			**9**		
:15				:15				:15				:15				:15				:15		
:30				:30				:30				:30				:30				:30		
:45				:45				:45				:45				:45				:45		

STRICTY SEATTLE **WEEK 3** July 23 - July 28

	MONDAY 23			TUESDAY 24			WEDNESDAY 25			THURSDAY 26			FRIDAY 27			SATURDAY 28		
	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI	FOUNDERS	STEWARD	KAWASAKI
9																		
:15																		
:30																		
:45																		
10																		
:15																		
:30																		
:45																		
11																		
:15																		
:30																		
:45																		
12																	BEG/INT WARM UP **BPH**	
:15																		
:30																		
:45																		
1																**1pm** All Dancers to BPH		
:15																		
:30	**Lunchtime Talk** *Creating a Home*						**Lunchtime Talk** *Low back pain for dancers*											
:45																		
2																**2 - 4pm** 2 SHOW BPH		
:15																		
:30																		
:45																		
3																		
:15																		
:30																		
:45																		
4																		
:15																		
:30																		
:45																		
5																		
:15																		
:30																		
:45																		
6	INT CONT **Amy**			INT CONT **Daniel**			INT BALLET **Natascha //**			INT CONT **Daniel**				BEG/INT WARM UP **BPH**			BEG/INT WARM UP **BPH**	
:15																		
:30																		
:45																		
7													**7pm** All Dancers to BPH			**7pm** All Dancers to BPH		
:15																		
:30		INT REHEARSE **Daniel**	INT REHEARSE **Marlo**	INT REHEARSE **Marlo**		INT REHEARSE **Daniel**	INT REHEARSE **Daniel**	INT REH (Steward) **Marlo**		**7:30-11:30** ALL PERFORMERS DRESS REHEARSAL **BPH**								
:45																		
8								INT TECH **Marlo BPH 8-10**					**8 - 10pm** SHOW 1 BPH			**8 - 10pm** SHOW 3 BPH		
:15																		
:30					INT TECH **Daniel BPH 8:30-10:30**													
:45																		
9																		
:15																		
:30																		
:45																		
																FAREWELL PARTY Founders		