

Suhaila Mothership Class Rotations

<i>Week</i>	<i>Level 1</i>	<i>Level 2</i>	<i>Level 3</i>	<i>Dance Movement</i>
1 28 Sep 09 23 Nov 09 18 Jan 10 15 Mar 10 10 May 10 05 Jul 10 30 Aug 10 25 Oct 10 20 Dec 10 14 Feb 11	Singles	Singles	Singles	Plié
2 05 Oct 09 30 Nov 09 25 Jan 10 22 Mar 10 17 May 10 12 Jul 10 06 Sep 10 01 Nov 10 27 Dec 10 21 Feb 11	3/4s	3/4s	3/4s	Tendu
3 12 Oct 09 07 Dec 09 01 Feb 10 29 Mar 10 24 May 10 19 Jul 10 13 Sep 10 08 Nov 10 03 Jan 11 28 Feb 11	Pelvic Locks	Pelvic Locks	Pelvic Locks	Dégagé
4 19 Oct 09 14 Dec 09 08 Feb 10 05 Apr 10 31 May 10 26 Jul 10 20 Sep 10 15 Nov 10 10 Jan 11 07 Mar 11	Interior Hip Squares	Interior Hip Squares <i>*No cymbals</i>	Interior Hip Squares/Pyramids/Vs	Rond de Jambe
5 26 Oct 09 21 Dec 09 15 Feb 10 12 Apr 10 07 Jun 10 02 Aug 10 27 Sep 10 22 Nov 10 17 Jan 11 14 Mar 11	Interior/Exterior Hip Circles	Interior/Exterior Hip Circles	Interior/Exterior Hip Circles	Battement
6 07 Sep 09 02 Nov 09 28 Dec 09 22 Feb 10 19 Apr 10 14 Jun 10 09 Aug 10 04 Oct 10 29 Nov 10 24 Jan 11	Lateral (Vertical) Fig 8s	Pyramids/Vs <i>*No cymbals</i>	Hexagons/Octagons/Diamonds	Passé
7 14 Sep 09 09 Nov 09 04 Jan 10 01 Mar 10 26 Apr 10 21 Jun 10 16 Aug 10 11 Oct 10 6 Dec 10 31 Jan 11	Horizontal Figure 8s	Figure 8s (All)	Figure 8s (All)	Arabesque
8 21 Sep 09 16 Nov 09 11 Jan 10 08 Mar 10 03 May 10 28 Jun 10 23 Aug 10 18 Oct 10 13 Dec 10 07 Feb 11	Twists	Twists	Twists	Turns

2 Sep 09