

National Theater Institute Sample Week

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|----------------------|-----------------------------|--|---------------------------|---|-----------------------|-----------------------|
| 7:30-8:15 | Warm-up (Tai Chi) | Warm-up (Yoga) | Warm-up (Tai Chi) | Warm-up (Yoga) | Warm-up (Beach Yoga) | | |
| 8:15-9:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9:00-10:30 | Contemporary Acting | Directing | Stage Combat | Theater Lab Rehearsals | Theater Lab Rehearsals | Design | Shakespeare |
| 10:30-12:00 | | | | | Yoga | | |
| 12:00-1:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00-3:30 | Singing | Droznin Russian Movement | Voice | Theater Lab Rehearsals | Theater Lab Performances and Feedback | Design | Playwriting |
| 3:30-5:00 | Script Analysis | Dance | Acting for the Camera | | | | |
| 5:00-6:00 | Study Time | Artist-in-Residence Q&A | Study Time | Study Time | Dinner | Study Time | Study Time |
| 6:00-7:00 | Dinner | Dinner | Dinner | Dinner | Attend a Theater Performance in New York City | Dinner | Dinner |
| 7:00-10:00 | Audition Workshop | Balinese Mask | Theater Lab Introduction/Meet Guest Director | Theater Lab Rehearsals | | Authentic Movement | Heightened Realism |

Classes vary each semester based on the availability of NTI's professional faculty.