|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Concrete** | **Career** | **Tech./Fund.** | **Ensem. Lit** | **Solo Lit** | **Research** | **Maintain** |  |
| *12:00 am* | Sleep | *12:00 am* |
| *1:00 am* | *1:00 am* |
| *2:00 am* | *2:00 am* |
| *3:00 am* | *3:00 am* |
| *4:00 am* | *4:00 am* |
| *5:00 am* | *5:00 am* |
| *6:00 am* | Morning Routine | *6:00 am* |
| *:15* | *:15* |
| *:30* | *:30* |
| *:45* | *:45* |
| *7:00 am* | Warm-up | Read Book/Article | Relax | *7:00 am* |
| *:15* | *:15* |
| *:30* | Clean | *:30* |
| *:45* | *:45* |
| *8:00 am* | Lesson Prep. | Warm-up / Fundamental | *8:00 am* |
| *:15* | Lesson | *:15* |
| *:30* | *:30* |
| *:45* | *:45* |
| *9:00 am* | Lesson | Relax / Prep. | *9:00 am* |
| *:15* |  |  | *:15* |
| *:30* | Transposition Inquisition | Method Book(s) | *:30* |
| *:45* |  | *:45* |
| *10:00 am* |  |  |  | *10:00 am* |
| *:15* |  |  |  | *:15* |
| *:30* |  |  |  | Wind Band Excerpts / Chamber Music Practice | *:30* |
| *:45* |  | Lesson Cluster |  | *:45* |
| *11:00 am* |  |  |  |  | *11:00 am* |
| *:15* |  |  | Main Solo Practice / Supplemental Work |  | *:15* |
| *:30* |  |  | *:30* |
| *:45* |  | *:45* |
| *12:00 pm* | Midday Routine | *12:00 pm* |
| *:15* | *:15* |
| *:30* | *:30* |
| *:45* | Advanced Warm-up / Aux Fundamental | *:45* |
| *1:00 pm* |  |  | *1:00 pm* |
| *:15* | Lesson Cluster | Method Book(s) | Transposition Inquisition | *:15* |
| *:30* | *:30* |
| *:45* | Lesson Prep. | Relax / Prep. | *:45* |
| *2:00 pm* | LessonCluster | Wind Band / Orchestral Excerpt | Solo Practice / Student Solo / Solo Exploration | *2:00 pm* |
| *:15* | *:15* |
| *:30* | *:30* |
| *:45* | *:45* |
| *3:00 pm* |  |  |  | *3:00 pm* |
| *:15* | *:15* |
| *:30* | Lesson Cluster | Solo Practice /Student Solo / | Wind Band/ | *:30* |
| *:45* | *:45* |
| *4:00 pm* |  | Solo Exploration | Orchestral Excerpt | *4:00 pm* |
| *:15* | *:15* |
| *:30* |  | Read Book/Article | *:30* |
| *:45* | *:45* |
| *5:00 pm* | Lesson Cluster | *5:00 pm* |
| *:15* | *:15* |
| *:30* |  | Read Book/Article | *:30* |
| *:45* | *:45* |
| *6:00 pm* |  | Afternoon Routine | *6:00 pm* |
| *:15* | *:15* |
| *:30* |  | *:30* |
| *:45* | *:45* |
| *7:00 pm* |  | *7:00 pm* |
| *:15* | *:15* |
| *:30* | Supplemental | Solo Practice / | Wind Band Excerpts / | Finale Project | Read Book/Article | *:30* |
| *:45* | *:45* |
| *8:00 pm* | FundamentalPractice | Student Solo /Solo Exploration | Orchestral Excerpts /Chamber Music Practice | Read Book/Article | Relax | *8:00 pm* |
| *:15* | *:15* |
| *:30* |  | *:30* |
| *:45* | *:45* |
| *9:00 pm* | Exercise | Read Book/Article - Finale Project |  |  | *9:00 pm* |
| *:15* | *:15* |
| *:30* | *:30* |
| *:45* | *:45* |
| *10:00 pm* | Sleep | *10:00 pm* |
| *11:00 pm* | *11:00 pm* |
| *12:00 am* | *12:00 am* |