|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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* | Lesson  Cluster | | 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* | Fundamental  Practice | | 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* |