

### Level D

Arrival is 15 minutes prior to the first class.

Monday	Tuesday	Wednesday	Thursday	Friday
10:30-12:15 Technique	10:30-12:15 Technique	10:45-12:30 Technique	10:30-12:15 Technique	10:45-12:15 Technique
12:30-1:30 Pointe	12:30-1:30 Pointe	12:45-1:45 Variations	12:30-1:30 Pas de Deux	12:30-1:30 Pointe
1:30-2:30 Men's Class	1:45-2:15 Stretch & Strength	1:45-3:00 Lunch	1:30-3:00 Lunch	1:30-2:45 Lunch
1:30-2:30 Lunch	2:15-3:00 Lunch	3:00-4:00 Stretch & Strength	2:00-3:00 Men's Class	2:30-4:00 Men's Class
2:30-3:30 Health and Wellness	2:30-4:00 Men's Class	3:45-5:00 Men's Class	3:00-4:00 Contemporary	2:45-3:45 Character
3:30-4:30 Modern	3:00-4:00 Variations			
4:30-5:30 Men's Weight Training				

Men take Pas de Deux Tuesdays 1:00-2:15, Thursday 12:30-1:30, Friday 12:45-2:00

Men take Contemporary with Level F, Wednesday 1:00-2:30

Men may take Character with Level F, Thursday 3:00-4:00

### Level E

Arrival is 15 minutes prior to the first class.

Monday	Tuesday	Wednesday	Thursday	Friday
11:30- 1:15 Technique	11:00-12:45 Technique	10:45-12:30 Technique	10:30-12:15 Technique	11:00-12:45 Technique
1:30-2:30 Pointe	1:00-2:15 Pas de Deux	12:30-1:45 Pointe/Variations	12:30-1:45 Pointe/Variations	1:00-2:15 Pointe/Variations
1:30-2:30 Men's Class	2:15-3:30 Lunch	1:45-2:45 Lunch	1:45-2:45 Lunch	2:15-3:30 Lunch
2:30-3:30 Health and Wellness	2:30-4:00 Men's Class	2:45-3:45 Contemporary	2:00-3:00 Men's Class	2:30-4:00 Men's Class
3:30-4:30 Lunch	3:30-4:30 Contemporary	3:45-5:00 Men's Class	2:45-3:45 Modern	3:30-4:30 Contemporary
4:30-5:30 Stretch & Strength				
4:30-5:30 Men's Weight Training				

Men take Pas de Deux Tuesdays 1:00-2:15, Thursday 12:30-1:30, Friday 12:45-2:00

Men take Contemporary with Level F, Wednesday 1:00-2:30

### Level F

Arrival is 15 minutes prior to the first class.

Monday	Tuesday	Wednesday	Thursday	Friday
10:45-12:15 Technique	10:45-12:30 Technique	11:00-12:45 Technique	10:45-12:30 Technique	10:45-12:30 Technique
12:30-1:30 Pointe/Variations	12:45-1:45 Pointe/Variations	1:00-2:30 Contemporary	12:45-2:00 Pointe/Variations	12:45-2:00 Pas de Deux
1:30-2:30 Lunch	1:45-2:30 Lunch	2:30-3:30 Lunch	2:00-3:00 Lunch	2:00-2:30 Lunch
1:30-2:30 Men's Class	2:30-3:30 Contemporary	3:30-5:00 Variations	2:00-3:00 Men's Class	2:30-3:30 Contemporary
2:30-3:30 Health and Wellness	2:30-4:00 Men's Class	3:45-5:00 Men's Class	3:15-4:15 Pas de Deux	2:30-4:00 Men's Class
3:30-4:30 Stretch & Strength				
4:30-5:30 Men's Weight Training				

Men take Pas de Deux Tuesdays 1:00-2:15, Thursday 12:30-1:30, Friday 12:45-2:00