

**BALLET ACADEMY EAST
2023-2024 LEVEL 5 AND UP SCHEDULE**

LEVEL 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique	4:30-6:15 PM	4:30-6:00 PM	4:30-6:00 PM		4:45-6:30 PM	10:15-11:45 AM
Pointe/Variations	6:15-7:15 PM		6:15-7:15 PM		6:30-7:30 PM	12:00-1:00 PM
Men's Class					6:30-7:30 PM	
Modern		6:00-7:00 PM				
Contemporary						1:00-2:00 PM

Classes on Monday and Friday include fifteen minutes of Stretch. On Saturday men take Contemporary 1:00-1:30 & Pas de Deux 1:30-2:30.

LEVEL 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique	4:30-6:15 PM	4:30-6:00 PM	4:30-6:00 PM	5:00-6:30 PM	4:30-6:15 PM	12:00-1:30 PM
Pointe/Variations	6:15-7:15 PM		6:00-7:00 PM	6:30-7:30 PM	6:30-7:45 PM	2:45-3:45 PM
Men's Class	4:30-6:00 PM	6:30-7:45 PM		6:45-8:00 PM	6:30-7:30 PM	
Modern		6:00-7:00 PM Ladies				
Pas de Deux						1:30-2:30 PM
Optional Tech.		2:00-3:30 PM		2:00-3:30 PM	2:00-3:30 PM	

Classes on Monday and Friday include fifteen minutes of Stretch.
Men take Men's Class Friday 4:30-6:15 & Pas de Deux on Monday 6:15-7:45 PM, Wednesday 6:15-7:30 PM, and Saturday 3:00-4:00 PM

LEVEL 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique	4:45-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	5:00-6:30 PM	4:45-6:30 PM	12:00-1:30 PM
Pointe/Variations		6:15-7:15 PM		6:30-7:30 PM	6:30-7:45 PM	2:00-3:00 PM
Men's Class	4:30-6:00 PM	6:30-7:45 PM		6:45-8:00 PM		
Character	6:15-7:15PM Ladies				6:30-7:45 PM Men	
Contemporary						3:00-4:00PM Ladies
Pas de Deux			6:15-7:30 PM			
Optional Tech.		2:00-3:30 PM		2:00-3:30 PM	2:00-3:30 PM	

Classes on Tuesday and Friday include fifteen minutes of stretch.
Men take Pas de Deux on Monday, 6:15-7:45 PM and Saturday 1:30-2:30 PM & 3:00-4:00 PM

LEVEL 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique	4:30-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	5:15-6:45 PM	4:45-6:30 PM	12:00-1:30 PM
Pointe/Variations		6:15-7:30 PM		6:45-8:00 PM	6:30-7:45 PM	1:30-2:30 PM
Men's Class	4:30-6:00 PM	6:30-7:45 PM		6:45-8:00 PM	4:45-6:15 PM	
Character	6:15-7:15PM Ladies				6:30-7:45 PM Men	
Pas de Deux			6:15-7:30 PM			
Contemporary						3:00-4:00PM Ladies
Optional Tech.		2:00-3:30 PM		2:00-3:30 PM	2:00-3:30 PM	

Classes on Monday, Tuesday and Friday include fifteen minutes of stretch.
Men take Pas de Deux on Monday, 6:15-7:45 PM, Wednesday 6:15-7:30 PM and Saturday 1:30-2:30 PM & 3:00-4:00 PM

LEVELS 9/10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique	4:30-6:15 PM	4:30-6:00 PM	4:30-6:00 PM	5:15-6:45 PM	4:30-6:15 PM	12:00-1:30 PM
Pointe/Variations		6:15-7:30 PM	6:15-7:30 PM	6:45-8:00 PM		1:30-2:30 PM
Men's Class	4:30-6:00 PM	6:30-7:45 PM		6:45-8:00 PM	4:45-6:15 PM	
Pas de Deux	6:15-7:45 PM					3:00-4:00 PM
Character					6:30-7:45 PM	
Contemporary						4:00-5:00 PM
Optional Tech.		2:00-3:30 PM		2:00-3:30 PM	2:00-3:30 PM	

Classes on Monday and Wednesday include fifteen minutes of stretch.
Men take Pas de Deux on Wednesday, 6:15-7:30 PM and Saturday 1:30-2:30 PM
Level 10 is an honorary title for longtime students who represent the highest example of who a BAE student is in every way.

All students are encouraged to take additional lower-level classes at no extra fee, especially on Saturdays.