

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

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

Men take Pas de Deux on Saturday 2:00-3:00 PM

Classes on Monday and Friday include fifteen minutes of stretch

<b>LEVEL 6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Technique</i>	4:30-6:00 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
<i>Pointe/Variations</i>	6:15-7:15 PM	6:00-7:15 PM	6:00-7:00 PM	6:30-7:30 PM	6:15-7:30 PM	
<i>Men's Weight Training</i>		6:15-6:45 PM				
<i>Men's Class</i>	6:00-6:30 PM		6:15-7:15 PM	6:30-7:00 PM	6:30-7:30 PM	
<i>Modern</i>						
<i>Pas de Deux</i>						2:00-3:00 PM
<i>Contemporary</i>						3:00-4:00 PM
<i>Optional Tech.</i>	2:15-3:45 PM	2:15-3:45 PM		2:15-3:45 PM	2:15-3:45 PM	

Men take Moder on Tuesday, 6:00-7:00 PM

Classes on Monday and Friday include fifteen minutes of stretch

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

Men take Pas de Deux on Monday, 6:15-7:45 PM and Saturday 2:00-3:00 PM, 3:00-4:00 PM, & 4:15-5:15 PM

Classes on Wednesday, and Friday include fifteen minutes of stretch

<b>LEVEL 8</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Technique</i>	4:30-6:15 PM	4:30-6:15 PM	4:30-6:15 PM	5:15-6:45 PM	4:45-6:15 PM	11:45-1:30 PM
<i>Pointe/Variations</i>	6:30-7:30 PM	6:15-7:30 PM	6:15-7:30 PM	6:45-8:00 PM	6:30-7:45 PM	
<i>Men's Weight Training</i>		6:15-6:45 PM				
<i>Men's Class</i>		6:45-7:45 PM		7:00-8:15 PM	6:30-7:45 PM	
<i>Pas de Deux</i>						3:00-4:00 PM
<i>Contemporary</i>						2:00-3:00 PM
<i>Optional Tech.</i>	2:15-3:45 PM	2:15-3:45 PM		2:15-3:45 PM	2:15-3:45 PM	

Men take Pas de Deux on Monday, 6:15-7:45 PM, Wednesdays 6:15-7:30 PM, and Saturday 4:15-5:15 PM.

Classes on Monday, Tuesday, and Wednesday include fifteen minutes of stretch

<b>LEVELS 9/10</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Technique</i>	4:30-6:15 PM	4:30-6:00 PM	4:30-6:00 PM	5:15-6:45 PM	4:45-6:30 PM	11:45-1:30 PM
<i>Pointe/Variations</i>		6:15-7:30 PM	6:15-7:30 PM	6:45-8:00 PM	6:30-7:45 PM	3:00-4:00 PM
<i>Men's Weight Training</i>		6:15-6:45 PM				
<i>Men's Class</i>		6:45-7:45 PM		7:00-8:15 PM	6:30-7:45 PM	
<i>Pas de Deux</i>	6:15-7:45 PM					4:15-5:15 PM
<i>Contemporary</i>						2:00-3:00 PM
<i>Optional Tech.</i>	2:15-3:45 PM	2:15-3:45 PM		2:15-3:45 PM	2:15-3:45 PM	

Men take Pas de Deux on Wednesday 6:15-7:30PM and Saturday 3:00-4:00 PM.

Classes on Monday and Friday include fifteen minutes of stretch

Level 10 is an honorary title for longtime students who represent the highest example of who a BAE student is in every way.

**Taking Additional Classes**

Students are encouraged to take additional lower level classes whenever possible, especially on Saturdays.

There is no extra tuition fee taking additional lower level classes.

Schedule is subject to change.

8/22/2024