

| Level | Day | Classes | Times |
|---------|-----|---|---|
| Level 6 | M | Ballroom, Level 6 Technique, & Level 6 Pointe | 5:15 – 6:15pm; 6:30 – 8:00pm; 8:00 – 8:45pm |
| | W | Ellové*, Level 6 Technique & Pointe | 5:30 – 6:30pm, 6:30 – 8:00pm; 8:00 – 8:45pm |
| | F | Modern | 6:15 – 7:45pm |
| | S | Level 6 Technique & Level 6 Pointe | 9:30 – 11:00am; 11:00am – 12:00pm |
| Men 6 | M | Ballroom & Level 6 Technique | 5:15 – 6:15pm; 6:30 – 8:00pm |
| | T | Men 6/7 Technique | 5:00 – 6:30pm |
| | W | Ellové*, Level 6 Technique, Pas de Deux | 5:30 – 6:30pm, 6:30 – 8:00pm, 8:00 – 9:00pm |
| | F | Modern | 6:15 – 7:45pm |
| | S | Level 6 Technique | 9:30 – 11:00am |

* The Ellové Technique™ is a cross-training class for dancers that takes the pure principles of ballet, yoga, Pilates, fitness, and physical therapy and seamlessly integrates them into a one-hour class that is equally challenging and restorative, choreographed to a carefully crafted playlist. In one hour, students hone their strength, flexibility, and balance as they simultaneously honor their bodies' needs and abilities. **Ellové classes are mandatory for L6/M6, & L7/M7 dancers, please refer to the schedule above for your day/time.**