

| Level   | Day | Classes                                                  | Times                                       |
|---------|-----|----------------------------------------------------------|---------------------------------------------|
| Level 7 | M   | Ballroom, Level 7 Technique, & Level 7 Pointe/Variations | 5:15 – 6:15pm; 6:30 – 8:00pm; 8:00 – 8:45pm |
|         | W   | Ellové*, Level 7 Technique, & Pas de Deux                | 5:30 – 6:30pm; 6:30 – 8:00pm; 8:00 – 9:00pm |
|         | TH  | Level 7 Pointe                                           | 5:00 – 6:30pm                               |
|         | F   | Level 7 Technique & Modern                               | 4:30 – 6:00pm; 6:15 – 7:45pm                |
|         | S   | Level 7 Technique                                        | 12:00 – 1:45pm                              |
| Men 7   | M   | Ballroom & Level 7 Technique                             | 5:15 – 6:15pm; 6:30 – 8:00pm                |
|         | T   | Men 6/7 Technique                                        | 5:00 – 6:30pm                               |
|         | W   | Ellové*, Level 7 Technique, Pas de Deux                  | 5:30 – 6:30pm; 6:30 – 8:00pm; 8:00 – 9:00pm |
|         | F   | Level 7 Technique & Modern                               | 4:30 – 6:00pm; 6:15 – 7:45pm                |
|         | S   | Level 7 Technique                                        | 12:00 – 1:45pm                              |

\* 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.**