

Structure of a classical ballet class

As mentioned [Kelsey Anderson](#)

<http://danceteacherconnect.com/order-of-ballet-class/>

The order of ballet class is actually very particular. You work on certain things first to improve strength, balance, and coordination through different exercises. The very basic order of ballet class is: Barre, Stretch, Center.

Here is one possible order of ballet class if you want to cover all exercises, then make in your own

The order of barre is important because it slowly and effectively warms your dancers up for center work, and helps them with their overall technique. Dance teachers can vary this order slightly, but this order is universally accepted and recommended in the dance world.

Barre

Quick warm up (arch presses, demi plies, warm up neck, shoulders, arms)

Plies

Slow Tendu

Fast Tendu

Slow Degage

Fast Degage

Ron de jambe

Barre stretch (optional)

Fondue and Developpe

Frappe

Grand Battements

Milieu

1. Ballet Barre (see [Order of Ballet Barre](#))
2. Barre Stretch
3. Adagio
4. Tendus from 5th
5. Pirouette Combination
6. Jumps in Center (warm up for petit allegro)
6. Petit Allegro
7. Waltz
8. Grand Allegro

9. Reverance

If your classes are shorter, you may choose to do either a slow or fast degage, not both. Additionally, you may skip the barre stretch, as it can make muscles relaxed and slower for grand battements and frappe. For each of these exercises, you should assign a wide range of balancing to finish including balancing in first, fifth, passe, coupe, back attitude, and any others you are working on.

Make you own class and choose your music in the library.

Click here to access Library (made by Volume, Latest one, Vol 1 2016
Compilation of diverse music in class format)

25 tracks . This is not a full class, but only the first volume of music
you might use and like.

As it comes, I know published it on my website , and if you wish, I will
be delighted to offer you 3 title of the Vol 2)

All together I already recorded over 10 different classes with different
teachers, and must have over 100 of pieces, getting from different
music styles , arranged for ballet format, some off them are original
music that I composed during this years.

More is coming.

Enjoy it !