

BalletActive Sofa 2 Studio

A three-week challenge
for Ballet Beginners

Take the following classes on BalletActive each week to complete the challenge.

Week 1	Warm ups Feet	Ballet with Sarah Kundi 1	Ballet Vocab Plies	Ballet with Sarah Kundi 2
Week 2	Warm ups Back	Ballet with Sarah Kundi 3	Ballet Vocab Ronde De Jambe Par Terre	Ballet with Sarah Kundi 4
Week 3	Warm ups Stretch	Ballet with Sarah Kundi 5	Ballet Vocab Battement Tendu	Ballet with Sarah Kundi 6