



BalletActive

Sofa 2 Studio

7-day Challenge
15 Minutes / Day

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

Day 1	Bitesize Yoga: Strength	Day 2	Ballet Warm- ups: Feet	Day 3	Bitesize Yoga: Stretch
Day 4	Ballet Warm- ups: Back	Day 5	Pilates with Lucy Lowndes: Standing Work		
Day 6	Pilates with Lucy Lowndes: Core Strength	Day 7	Ballet Warm- ups: Stretch		