

**English
National
Ballet**
at home

Supported by
**Bloomberg
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BalletActive Sofa 2 Studio

7-day Challenge
30 Minutes / Day

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

Day 1

Dance Cardio
with Nicky
Henshall

Day 2

Bitesize Ballet 1

Day 3

Ballet with
James Muller:
Placement &
Line

Day 4

Ballet with Lucy
Lowndes | 1

Day 5

Ballet with Nicky
Henshall: Strength
& Stamina

Day 6

BalletFit with Lucy
Lowndes | 1

Day 7

Bitesize Yoga:
Bedtime