

# BalletActive Sofa 2 Studio

A three-week challenge  
for Absolute Beginners

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

<b>Week 1</b>	Warm-ups Feet	Ballet with Lucy Lowndes   1	Ballet Vocab Pliés	Ballet with Lucy Lowndes   2
<b>Week 2</b>	Warm-ups Back	Ballet with Lucy Lowndes   3	Ballet Vocab Battement Tendu	Ballet with Sarah Kundi   1
<b>Week 3</b>	Warm-up with James Muller	Ballet with Sarah Kundi   2	Ballet Vocab Battement Glisses	Ballet with Sarah Kundi   3