



**English
National
Ballet**
at home

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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 Centre	Bitesize Ballet 1	Ballet Vocab Grand Battement	Ballet with Nicky Henshall Hip rotation and turnout
Week 2	Warm-ups Stretch	Bitesize Ballet 2	Ballet Vocab Pirouette	Ballet with Nicky Henshall Quality & Focus
Week 3	Warm-up with James Muller	Bitesize Ballet 3	Ballet Vocab Saute	Ballet with Nicky Henshall Centre