



BalletActive Sofa 2 Studio

A three-week challenge
for Ballet Improvers

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

Week 1	Warm-up with James Muller	Ballet with Richard Bermange 1	Ballet with Kate Hartley-Stevens Barre and Centre 1	Ballet with Nicky Henshall Spine release and opening up
Week 2	Warm-up Turnout	Ballet Technique with Renato Paroni De Castro 1	Ballet with Kate Hartley-Stevens Barre and Centre 2	Ballet with Richard Bermange 2
Week 3	Barre Pliés and Rises	Ballet with Crystal Costa 1	Ballet Technique with Renato Paroni De Castro 3	Cool down Hip Mobility