

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-up with Carolyn Bolton 1	Rediscovering Ballet with Laura Hussey 1	Ballet Vocab Grand Battement	Ballet with Lucy Lowndes 1
Week 2	Warm-ups Stretch	Rediscovering Ballet with Laura Hussey 2	Ballet Vocab Pirouette	Ballet with Lucy Lowndes 2
Week 3	Building Ballet Strength	Rediscovering Ballet with Laura Hussey 3	Ballet Vocab Saute	Ballet with Lucy Lowndes 3