

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	Progressing Ballet Technique © Upper Body & Port de Bras	Ballet with Kate Hartley-Stevens Barre and Centre 1	Cool Down Self Care
Week 2	Pilates with Lucy Lowndes Ball	Ballet with Kate Hartley-Stevens Barre and Centre 2	Progressing Ballet Technique © Core & Posture	Ballet with Richard Bermange 2	Ballet Technique with Renato Paroni De Castro 1
Week 3	Pilates with Lucy Lowndes Elastic Band	Barre: Pliés & Rises	Progressing Ballet Technique © Turnout & Adagio	Ballet with Sarah Kundi 1	Nutcracker Treat!