

The Ballet Challenge

*The School of Classical
Russian Ballet*

ADULT BALLET
CORE PILATES, FLOOR CORE, BARRE SENSE
THE RUSSIAN WORKOUT & BODY WORK

Introduction to Ballet:

Take this opportunity to discover the world of ballet on your own terms, and no pressure at all.

Guided by our exceptional teachers, we will help you build a solid foundation and give you the confidence to move forward.

This weekly outline of classes is the ideal introduction to discovering ballet:

- Absolute Beginners Ballet (x 3)
- Body Work (x 1)
- Core Pilates and Stretch (x 1)
- Russian Workout (x 2)

The Ballet Burn :

Train like a professional ballet dancer and feel the full effects on your body and wellbeing.

This recommended plan is for those wanting to challenge themselves to the demanding workload full-time dancers and students take to stay in top form and continue progressing.

This weekly outline of classes is the ideal introduction to discovering ballet:

- Intermediate Ballet (x 6)
- Body Work Advanced (x 2)
- Russian Workout (x 2)

