

Endurance + Conditioning

Find a new approach for your body to gain strength and develop your stamina.

This dynamic muscle education programme has cardio elements, challenging your endurance and enhancing your fitness level.

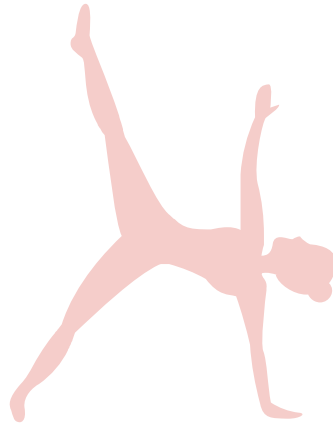
Your recommended weekly classes:

- Your Chosen Level Ballet (x 3)
- Body Work Advanced (x 2)
- Core Pilates and Stretch (x 3)
- Russian Workout (x 3)

The School of Classical
Russian Ballet

ADULT BALLET

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



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Possible Combinations of Classes for your day

| | | |
|----------|--------------------------|--------------------|
| 09:00 am | Core Pilates and Stretch | (with Ekaterina) |
| 06:00 pm | Body Work | (with Kirill) |
| OR | | |
| 09:00 am | The Russian Workout | (with Marianne) |
| 07:00 pm | Beginners Ballet | (with Kirill) |

Results:

If followed consistently, this programme will improve your stamina and endurance allowing you to increase your workload and duration of exercise at one time. Expect to gradually find physical activity less strenuous and more exciting as you feel your body respond to being pushed.