

# BalletActive Sofa 2 Studio

A three-week challenge  
for Absolute Beginners

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

<b>Week 1</b>	Warm-up with Vanessa Abreu	Ballet with Lucy Lowndes   1	Ballet Vocab Pliés	Pilates with Lucy Lowndes   Pilates Ball	Ballet with Lucy Lowndes   2
<b>Week 2</b>	Ballet with Lucy Lowndes   3	Ballet Vocab Battement Tendu	Ballet with Vanessa Abreu   1	Cool Down   Hips & Mobility	
<b>Week 3</b>	Pilates with Lucy Lowndes   Elastic Band	Ballet with Vanessa Abreu   2	Ballet Vocab Retire	Ballet with Vanessa Abreu   3	