



BalletActive

Sofa 2 Studio

A three-week Dance
Fitness Challenge

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

Week 1	Barre Fit with Nicky Henshall 1	Pilates with Lucy Lowndes: Introduction to basics	Dance Cardio with Nicky Henshall 3	BalletFit with Lucy Lowndes 1
Week 2	Barre Fit with Nicky Henshall 2	Dance Cardio with Nicky Henshall 4	Pilates with Lucy Lowndes: Upper Body	BalletFit with Lucy Lowndes 2
Week 3	Barre Fit with Nicky Henshall 3	Barre Fit with Nicky Henshall 4	Pilates with Lucy Lowndes: Standing Work	BalletFit with Lucy Lowndes 3