

# BalletActive Sofa 2 Studio

A three-week challenge  
for Ballet Intermediate/Advanced

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

<b>Week 1</b>	Warm-up with James Muller	Ballet with Crystal Costa   1	Ballet Masterclass with Toby Mallitt	Progressing Ballet Technique ©   Core & Posture	Cool Down with Carolyn Bolton   1
<b>Week 2</b>	Pilates with Lucy Lowndes   Floor work	Ballet with Crystal Costa   2	Ballet with James Muller   Upper Back & Artistry	Ballet Masterclass with Cynthia Harvey	Cool Down with Carolyn Bolton   2
<b>Week 3</b>	Pilates with Lucy Lowndes   Elastic Band	Ballet with Crystal Costa   3	Ballet with James Muller   Articulation & Batterie	Ballet with Kate Hartley-Stevens   Coppelia	Progressing Ballet Technique ©   Turnout & Adagio