

BalletActive Sofa 2 Studio

A three-week
Wellness Reset



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

Week 1	Bitesize Yoga: Morning	Yoga and Meditation 1	Pilates with Lucy Lowndes: Introduction to Basics
Week 2	Yoga and Med- itation 2	Pilates with Lucy Lowndes: Core Strenght	Bitesize Yoga: Stretch
Week 3	Yoga and Meditation 3	Pilates with Lucy Lowndes: Back Strength	Bitesize Yoga: Strength