

Build Muscle and Firm

Monotony of exercise can often lead to a lack of motivation and prevents your body from being challenged and pushed to new limits. This combination of classes is demanding and stimulating in a way that will make you discover and activate muscle groups you have not worked before.

Your recommended weekly classes:

- Core Pilates and Stretch (x 3)
- Body Works Master Class (x 2)
- Absolute Beginners
&
Beginners Ballet (x 2)
- The Russian Workout (x 1)



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Possible Combinations of Classes for your day

09:00 am	Core Pilates and Stretch	(with Ekaterina, Grisha or Naomi)
06:00 pm	Body Work	(with Kirill)
OR		
10:00 am	Absolute Beginners Ballet	(with Naomi)
01:15 pm	01.15 PM: The Russian Workout	(with Kamila/Marianne)

Results:

If followed consistently, this programme will help you find new strength in your body and develop new skills. Gradually you will complete difficult movements and combinations with ease and your body will begin to reflect that.