



Fat Burn,

Exercise without results can become demotivating. If you want an invigorating new program to transform your form with lasting effects, this exercise plan is for you.

Your recommended weekly classes:

- The Russian Workout (x 3)
- Intermediate Ballet (x 4) with Kirill or Ekaterina for intensity of exercise
- Body Work (x 3)
- Core Pilates and Stretch (x 3)

*The School of Classical
Russian Ballet*

ADULT BALLET
CORE PILATES, FLOOR CORE, BARRE SENSE
THE RUSSIAN WORKOUT & BODY WORK

Fat Burn

Possible Combinations of Classes for your day

09:00 am	The Russian Workout	(with Kamila/Marianne)
12:00 pm	Intermediate Ballet	(with Ekaterina)
06:00 pm	Core Pilates and Stretch	(with Grisha)
OR		
01:15 pm	Body Work	(with Kirill)
06:00 pm	Intermediate Ballet	(with Kirill)

Results:

If followed consistently in line with a healthy lifestyle, this programme will help you to burn fat in a healthy and non-strenuous way, allowing you to focus on your fitness and enjoy feeling better.

