

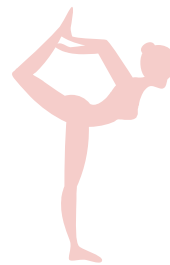


# Flexibility,

Ignoring flexibility can become an injury causing error. With the recommended workout programme, you will stretch and sculpt your body increasing your own flexibility, muscle strength and alignment of the spine, challenging your endurance and enhancing your fitness level.

## Your recommended weekly classes:

- Absolute Beginners Ballet ( x 1 )
- Body Work ( x 2 )
- Core Pilates and Stretch ( x 3 )
- Russian Workout ( x 2 )



*The School of Classical  
Russian Ballet*

ADULT BALLET

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

*The School of Classical  
Russian Ballet*

ADULT BALLET

CORE PILATES, FLOOR CORE, BARRE SENSE  
AND THE ORIGINAL RUSSIAN WORKOUT

# Flexibility

## Possible Combinations of Classes for your day

<b>10:00 am</b>	Core Pilates and Stretch	( with Naomi )
<b>02:00 pm</b>	Absolute Beginners Ballet	( with Kamila )
OR		
<b>01:15 pm</b>	Body Work	( with Kirill )
<b>06:00 pm</b>	Absolute Beginners Ballet	( with Kirill )

### Results:

If followed consistently, this programme will lead to the ability to use and release specific muscles, a softening of the body and relief from stiffness and rigid movement.

