

Checklist

*The School of Classical
Russian Ballet*

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

Name:		Exercise Plan:	
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Class	Week 1	Comments	Week 2	Comments	Completed
Ballet (all levels)					
Body Work					
Russian Workout					
Core Pilates & Stretch					

