

Tone and Sculpt

Learn how to specifically target each muscle group to lengthen and strengthen.

Wake your body and rediscover tough but rewarding workouts and classes.

Your recommended weekly classes:

- **Body Work Advanced & Master Class (x 3)**
- **Core Pilates OR Russian Workout (x 3)**
- **Beginners OR Intermediate Ballet (x 2)**



The School of Classical
Russian Ballet

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

Tone and Sculpt

Possible Combinations of Classes for your day

01:15 pm	Body Work	(with Kirill)
06:00 pm	Core Pilates and Stretch	(with Grisha)
OR		
12:00 pm	Intermediate Ballet	(with Ekaterina)
06:00 pm	06:00 PM: Body Work	(with Kirill)

Results:

If followed consistently, this programme will lead to a refined physique, increased control of the core and back, as well as lengthened and defined muscles.

