

Wellbeing and Energy

Keeping fit doesn't mean you must have strict goals and high expectations for yourself.

Sometimes we just need to listen to our bodies and find the right balance for our individual goals.

Your recommended weekly classes:

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



The School of Classical
Russian Ballet

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

Wellbeing + Energy

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:

Not all exercise needs to be a race for result!

