

Levels 4 and 5:

2 hours ballet per week via livestream, Zoom, or you tube video from BL, CPYB: open online classes: <http://balletacademyeast.com/online-classes/>

1 hour conditioning/Pilates split up in three 20 minute segments of a circuit or specific muscle group example: Monday full body circuit, Wednesday legs circuit , Friday Abs and Arms circuit

30 minutes daily cardio- walk, skip, chasse, gallop

3.5 total hours