

### **Level 7-Co**

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

1 hour Pilates/ conditioning split in 3 (20) minute segments Monday: full body circuit, Wednesday legs, Friday abs and arms.

30 minutes daily cardio walk, or bike

**5.5 total hours**