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**Established in 2004**

**Ballet4life- Celebrating Dance Day 2020**

**29 April 2020 from London, UK**

**Five live-stream dance classes as part of our extensive online dance programme**

**Times are BST**

**10 30am- General Level Ballet with Mark Kelly**

**11.45am- Centre Floor Ballet Exercises with Donna Schoenherr**

**12.30pm- Contemporary Dance Warm-up with Chris Christodoulou**

**3pm- Beginner Ballet Barre with Johanna Saarinen**

**6pm- Beginner Improver Ballet with Alina Luts.**

**These classes are suitable for adults sixteen years of age and up. There is no upper age limit. We specialise in teaching dance to adult learners. These classes are open to the public, but a registration form needs to be completed first by emailing us at** [**ballet4lifeuk1@gmail.com**](mailto:ballet4lifeuk1@gmail.com)**. Once the form is completed and returned Ballet4life sends the login details, and general guideline. The timetable for the online programme which continues indefinitely is** [**www.ballet4life.com/timetables**](http://www.ballet4life.com/timetables)**. The classes are free of charge with a kind request for a small donation if at all possible.**

[**www.ballet4life.com**](http://www.ballet4life.com) **- website**

[**ballet4lifeuk1@gmail.com**](mailto:ballet4lifeuk1@gmail.com) **-email**

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