

# The Architects of Stillness

Live Sessions | Week 4 (UK time)

## Mon 27 April

12:15 Floor Barre with Nicky Henshall

13:00 Ballet Barre with Mavin Khoo

18:00 Core Workout with Lani Yamanaka

## Wed 29 April

12:00 Ballet Barre with Mavin Khoo

13:00 Features of Akram Khan with Joy Alpuerto Ritter

## Fri 1 May

12:00 Ballet Barre with Mavin Khoo

13:00 Features of Akram Khan with Joy Alpuerto Ritter

21:00 Let's Talk at 9pm with Mavin Khoo

