

SEPTEMBER - SOLO		
DAY	CLASS (Platform)	CONTENT
MONDAY	HorseMeat: Professional Class with Stuart Waters (INSTAGRAM)	Focus on released based techniques and creative tasks to encourage freedom of movement.
	HorseMeat: Repertoire Class with Stuart Waters (INSTAGRAM)	Join Stuart Waters to learn choreography from the solo show Horsemeat.
TUESDAY	Cameo Cookie: Professional Class with Eleanor Perry (INSTAGRAM)	A Cunningham-based class that focuses on warming up the whole body and works on focus, balance and strength.
	Cameo Cookie: Repertoire Class with Eleanor Perry (INSTAGRAM)	Join Eleanor Perry to learn choreography from the solo show Cameo Cookie.
WEDNESDAY	Bagofti: Professional Class with Gavin Coward (INSTAGRAM)	Explore Graham-based floor work and core stability and strengthening exercises. This will progress into a deep set of plies, a quick paced rhythmical foot sequence and finish with an expressive and characterful movement exploration and phrase.
	Bagofti: Repertoire Class with Gavin Coward (INSTAGRAM)	Join Gavin Coward to learn choreography from the solo show Bagofti.

THURSDAY	Community Warm Up (FACEBOOK)	Get moving with GCC's 'Community Cast Warm Up' led by Artistic Director Gary Clarke.
FRIDAY	In Conversation with Hetain Patel (ZOOM)	Artistic director Gary Clarke is joined by London based visual artist and performance maker Hetain Patel for a In Conversation on solo practice.