

WEEK 1 - 11TH MAY		
DATE	PLATFORM	CONTENT
MONDAY - COMPANY CLASS	Instagram	This warmup is a typical GCC warm up in preparation for the stage. The class will be a combination of mobilising movement, yoga, conditioning, set phrases and improvisation.
WEDNESDAY - WASTELAND WORKOUT	Instagram	A '90's inspired movement workout consisting of a full body warm up and a full body work out. Quick high core intensity exercises and abdominal strength. Get ready to sweat!
THURSDAY - IN CONVERSATION	Instagram	Gary Clarke is joined by Luca Silvestrini, Artistic Director of award winning Protein. Community engagement is a large part of both Gary and Lucas' work and in this special talk they will discuss their approaches and processes to working with diverse communities.
SATURDAY - BITSESIZE RAVE @ HOME!	Instagram	A fun and interactive way to learn sections of Wasteland from an easy step by step guide to get the body moving and the mind motivated! Suitable for anyone interested in learning sections from the show and moving their body for fun!
SUNDAY - COMMUNITY WARM UP	Instagram	Community engagement is a large part of Gary Clarke Company's work. Join Artistic Director Gary Clarke as he leads you through the 'community cast' warm up. A basic, fun and physical warm up to get the body moving and very suitable for non dancers of all ages.