

WEEK 3 - 25TH 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	Focusing mainly on hand performance and choreography, the sessions will involve a warm up, exercises and Vogue choreography
THURSDAY - IN CONVERSATION	Instagram OR FB	In our third 'In Conversation' event, Gary Clarke is joined by maverick choreographer Rhlannon Faith: the creator of the brilliantly powerful and socially relevant work 'Smack That'. Gary and Rhiannon will discuss how they both use real stories, social commentary and hard hitting themes and subject matters to create work.
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.