

WEEK 4 - 1ST JUNE		
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 dynamic, energetic and community driven dance celebrated globally. In this session, Rob will cover a simple warm up and the basic elements of 'Top Rock', 'Footwork' and 'Freezes' as well as creative games and explorations around these elements.
THURSDAY - IN CONVERSATION	Instagram OR FB	In our Fourth 'In Conversation' event, Gary Clarke is invited to a high tea from award-winning dance duo Thick & Tight. The trio will discuss a variety of topics such as Queer work, Celebrity, Visibility, Parody, Image and Popular Culture.
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.