

WEEK 2 - 18TH 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	An improvisation based class that aims to offer techniques that encourages individual decision making which can be used when learning phrases and repertoire
THURSDAY - IN CONVERSATION	Instagram OR FB	Gary Clarke is joined by Robby Graham, Artistic Director of the critically acclaimed Southpaw Dance Company. Using Wasteland and Southpaws' epic multi-media outdoor spectacle 'Rush' as references, Gary and Robbie will discuss their interest in themes of place, identity, community and politics with a small P.
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.