

FREE Online Dance Classes from Miami City Ballet

Miami City Ballet is offering FREE online dance classes (English and Spanish). Ballet is a beautiful art form and is an excellent way to exercise too! Now, you can take these classes at your convenience from home!



Ballet Stretch and Strengthen # 1 *with Laura Fadeley* (38:17)

<https://www.youtube.com/watch?v=mhegrREE2dY&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=3&t=0s>



Ballet Stretch and Strengthen # 2 *with Laura Fadeley* (47:53)

<https://www.youtube.com/watch?v=DakW2rwC6zM&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=5&t=0s>



Ballet Stretch and Strengthen # 3 *with Laura Fadeley* (55:27)

<https://www.youtube.com/watch?v=nl9isYJldM4&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=7&t=0s>



Ballet Basics # 1 *with Jennifer Lauren* (37:17)

<https://www.youtube.com/watch?v=kl8PEI-00Qo&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=2&t=0s>



Ballet Basics # 2 *with Jennifer Lauren* (47:03)

<https://www.youtube.com/watch?v=0Rp4u76dVAU&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=4&t=0s>



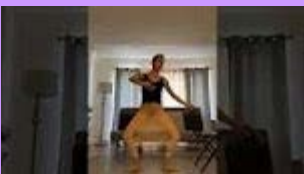
Ballet Basics # 3 *with Jennifer Lauren* (48:20)

<https://www.youtube.com/watch?v=ZLAMsdZnbbg&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=9&t=0s>



Ballet Básico # 1 (en Español) *con Katia Carranza* (52:38)

<https://www.youtube.com/watch?v=bYdxU32iljM&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=8&t=0s>



Ballet Básico # 2 (en Español) *con Katia Carranza* (50:01)

https://www.youtube.com/watch?v=9Anc_UUvE0A&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=13&t=0s



Ballet Básico # 3 (en Español) *con Katia Carranza* (49:50)

<https://www.youtube.com/watch?v=N4LQJcu1wg&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=14&t=0s>



Ballet Básico # 4 (en Español) *con Katia Carranza* (58:07)

<https://www.youtube.com/watch?v=u5Ux9W-Lqs&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=19&t=0s>



Ballet Básico # 5 (en Español) *con Katia Carranza* (56:37)

<https://www.youtube.com/watch?v=jdVfEGZEurY&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=23&t=0s>



Intermediate Ballet # 2 *with Rainer Krenstetter* (54:19)

<https://www.youtube.com/watch?v=SXuqNnJW3XY&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=6&t=0s>



Intermediate Ballet # 3 *with Rainer Krenstetter* (52:47)

<https://www.youtube.com/watch?v=TVdoOinFkQU&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=10&t=0s>



Intermediate Ballet # 4 *with Rainer Krenstetter* (54:31)

<https://www.youtube.com/watch?v=pqWuxxtrVM&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=16&t=0s>



Intermediate Ballet # 5 *with Rainer Krenstetter* (55:51)

<https://www.youtube.com/watch?v=Uu4niLNMPPA&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=18&t=0s>



Intermediate Ballet # 7 *with Rainer Krenstetter* (57:07)

<https://www.youtube.com/watch?v=WsEM4rNsC6E&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=24&t=0s>



Intermediate Ballet # 8 *with Rainer Krenstetter* (54:06)

<https://www.youtube.com/watch?v=ea2DSfDFO4s&list=PLso8wkRgWO87Tp842woUgciCBx8dlZ65E&index=28&t=0s>