



Studio Quiz!

1. What does TS.09 stand for?
2. What is the name of Emma and Megan's pugs?
3. When was the Royal Ballet founded?
4. What practitioner did Megan and Emma Meet?
5. Where did Miss Emilie train?
6. What does CATT stand for?
7. When did Merce Cunningham open his own company?
8. What are the two different types of stretching?
9. How many minutes of physical activity should you do a week?
10. How did tap dance start?
11. Who was the "Father of jazz"?
12. What vitamin is sometimes called the "sunshine vitamin"?
13. What is the name/shade of the lipstick we use at THE STUDIO?
14. How big should the gap be under your chin while doing sit ups?
15. Why after going for a run do you not stop moving straight away?
16. Why after doing a bridge should you hug your knees?
17. What are the two main muscles you use/stretch during the splits?
18. What's the name of the ex Royal Ballet dancer in the ask Alexa issue 12?
19. What animal is on Emma's calendar?
20. Name the 5 main food groups?