**Stellar Academy Timetable – Wednesday 10th June**

*(Now some of you have gone back to school we have altered the plan so it can be done in the evening. It can still be broken up and done throughout the day)*

**16.30-16.40\* =** [**https://youtu.be/ZZ\_NVJDqa1Q**](https://youtu.be/ZZ_NVJDqa1Q) **Cardio Warm Up**

**16.40-17.00\* =** [**https://youtu.be/nJ\_uNf7Nkes**](https://youtu.be/nJ_uNf7Nkes) **Stretch**

**17.00-17.20\* = Vault from Week 1 (Arm circle to jump)**

**17.20-17.40\* = Floor from Week 12 (Headstands and handstands)**

**17.40-18.00\* = Bars from Week 10 (Squat Ons)**

**18.00-18.20\* = Beam – copy and learn these complexes…**

[**https://youtu.be/b3HfKY3XbU0**](https://youtu.be/b3HfKY3XbU0)

[**https://youtu.be/VTEhhtgSAa0**](https://youtu.be/VTEhhtgSAa0)

[**https://youtu.be/Zy8tK3xl1AY**](https://youtu.be/Zy8tK3xl1AY)

[**https://youtu.be/gJFc3dmnfrI**](https://youtu.be/gJFc3dmnfrI)

**18.20-18.45\* = NEW SQUAD CONDITIONING and FLEXIBILITY on here…** <http://www.stellargymnastics.co.uk/stellar-home-school-academy.html>