**Stellar Academy Timetable – Monday 11th May**

**9.00-9.10\* =** [**https://youtu.be/ujRpDwz6UzU**](https://youtu.be/ujRpDwz6UzU) **Cardio.** Each exercise for 1 min with 20s rest, 2x through

**9.10-9.20\* = https://youtu.be/5sv0fb1c0VM Stretch**

**9.20-9.30\* = Basics/Lines.** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3.

**9.30-9.50\* = Bars from Week 5 (2nd Phase of Upstart)**

**9.50-10.10\* = Floor from Week 1 (Handstands)**

**10.10-11.00\* = Lesson 1**

**11.00-11.15\* = BREAK TIME**

**11.15-12.05\* = Lesson 2**

**12.05-12.35\* = Lesson 3 Creativity**

**12.35-13.05\* = LUNCH BREAK (Help make food AND wash up!)**

**13.05-13.35\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.35-14.25\* = Lesson 5**

**14.25-15.15\* = Lesson 6**

**15.15-15.20\* =** <https://youtu.be/5PbrPKiLCi0> **Stretch out**

**15.20-15.40\* = Monday Testing.**

**15.40-16.00\* = Beam from Week 4 (Jumps)**

**16.00-16.20\* = Vault from Week 5 (Agility and Precision)**

**16.20-16.35\* =** <https://youtu.be/IZ7IONL-dmE> **Conditioning**