**Stellar Academy Timetable – Friday 12th June**

**FRIDAYS ARE FOR DANCING!**

*(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)*

**16.30-16.35\* =** <https://youtu.be/yAcFGfUG6VI>  **Dance/Conditioning Warm Up**

**16.35-16.45\* =** <https://youtu.be/xQk08J8e-RM> **Stretch**

**16.45-17.00\* =** [**https://youtu.be/rVchkkFTzys**](https://youtu.be/rVchkkFTzys) **Kicks and swings (active flexibility)**

**17.00-17.30\* = Choreo** [**https://youtu.be/0WrduNbwYUE?t=77**](https://youtu.be/0WrduNbwYUE?t=77) **Break my Heart break down and learn**

**17.30-17.50\* = Bars from Week 6 (Cast handstands and pirouettes)**

**17.50-18.10\* = Vault from Week 3 (Fast feet)**

**18.10-18.30\* = Beam from Week 6 (Spins)**

**18.30-18.45\* = Conditioning to music**

<https://youtu.be/O8MuIk9k1lQ>

<https://youtu.be/rd6mlZKvs2w>

<https://youtu.be/2VddmgquB88>