**Stellar Academy Timetable – Tuesday 12th May**

**9.00-9.05\* =** [**https://youtu.be/J2U4lsucmk4**](https://youtu.be/J2U4lsucmk4) **Pulse Raiser**

**9.05-9.15\* =** [**https://youtu.be/iQ9QQL2L85I**](https://youtu.be/iQ9QQL2L85I) **Dynamic Stretch**

**9.15-9.30\* =** [**https://youtu.be/o1-MtpjMYVs**](https://youtu.be/o1-MtpjMYVs) **and Overstretch splits for 45s each leg and box**

**9.30-9.50\* = Beam from Week 5 (BWOs)**

**9.50-10.10\* = Vault from Week 8 (Round Off Entry)**

**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/VTEhhtgSAa0**](https://youtu.be/VTEhhtgSAa0) **Watch and copy Beam complex from Coach Sophie!**

**15.20-15.30\* =** [**https://youtu.be/gM8xv4ZCsqE**](https://youtu.be/gM8xv4ZCsqE) **Stretch Out with a little conditioning**

**15.30-14.50\* = Floor from Week 5 (Spins)**

**15.50-16.10\* = Bars from Week 8 (Blind Turns)**

**16.10-16.30\* = Squad Conditioning for May – Tuesday Core OR** [**https://youtu.be/sHbW6OPEn6o**](https://youtu.be/sHbW6OPEn6o) ***(good luck!)***