**Stellar Academy Timetable – Thursday 14th May**

**9.00-9.30\* =** [**https://youtu.be/ACg6pdJ0Iy0?t=87**](https://youtu.be/ACg6pdJ0Iy0?t=87) **Warm up/stretch/strength**

**9.30-9.50\* = Bars from Week 6 (Cast Handstand and pirouettes)**

**9.50-10.10\* = Beam from Week 8 (Dismounts)**

**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**

**15.15-15.35\* =** [**https://youtu.be/JfbGiXFRmls**](https://youtu.be/JfbGiXFRmls) **PR/Stretch/Conditioning**

**15.35-15.55\* = Floor from Week 8 (Fouette)**

**15.55-16.10\* =** [**https://youtu.be/IWnpKBGyj8A?t=83**](https://youtu.be/IWnpKBGyj8A?t=83) **Ballet Conditioning**

**16.10-16.30\* = CHALLENGE: Stretch Routine to Music**