**Stellar Academy Timetable – Monday 15th 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)*

**16.30-16.35\* =** <https://youtu.be/BzM_IUFx4p0> **Chasse Cardio**

**16.35-17.05\* =** <https://youtu.be/VGwuY7GtThE?t=128> **Yoga Flow Stretch**

**17.05-18.05\* = Vault from Week 13 (Sprinting and Lower legs)**

**18.05-18.35\* = Floor from Week 7 (Dive/Free Cartwheels)**

**18.35-18.45\* = Monday Squad Testing**