**Stellar Academy Timetable – Friday 15th May FRIDAYS ARE FOR DANCING!**

**9.00-10.00\* =** [**https://youtu.be/Zz1Kmwxk35M?t=122**](https://youtu.be/Zz1Kmwxk35M?t=122) **Cardio, stretch and CHOREO “Don’t start now”**

**10.05-10.55\* = Lesson 1**

**10.55-11.10\* = BREAK TIME**

**11.10-12.00\* = Lesson 2**

**12.00-12.30\* = Lesson 3 Creativity**

**12.30-13.00\* = LUNCH BREAK (Help make food AND wash up!)**

**13.00-13.30\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.30-14.20\* = Lesson 5**

**14.20-15.10\* = Lesson 6**

**15.10-15.15\* =** [**https://youtu.be/kGsMeQZujXg**](https://youtu.be/kGsMeQZujXg) **V. quick Stretch out. 30s overstretch splits on all legs after.**

**15.15-15.40\* = Floor from Week 6 (Handsprings)**

**15.40-16.00\* = Vault from Week 7 (Run Technique)**

**16.00-16.05\* =** [**https://youtu.be/gJFc3dmnfrI**](https://youtu.be/gJFc3dmnfrI) **Beam Complex with Gymnast Georgia. Watch and copy!**

**16.05-16.20\* = CHALLENGE Stretch Routine to Music**

**16.20-16.35\* = Conditioning** [**https://youtu.be/TM9IXoejwC4**](https://youtu.be/TM9IXoejwC4) **One the mums will enjoy!!!**

**Enjoy your weekend!**