**Stellar Academy Timetable – Tuesday 16th 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/J2U4lsucmk4**](https://youtu.be/J2U4lsucmk4) **Pulse Raiser**

**16.35-16.45\* =** [**https://youtu.be/iQ9QQL2L85I**](https://youtu.be/iQ9QQL2L85I) **Dynamic Stretch**

**16.45-17.00\* =** [**https://youtu.be/o1-MtpjMYVs**](https://youtu.be/o1-MtpjMYVs) **and Overstretch splits for 45s each leg and box**

**17.00-17.25\* = Beam from Week 13 (Cartwheels)**

**17.25-17.45\* = Vault from Week 10 (Vaulting power 2)**

**17.45-18.05\* = Bars from Week 8 (Blind turns)**

**18.05-18.25\* = Beam from Week 8 (Dismounts)**

**18.25-18.40\* = Tuesday Squad Conditioning**