**Stellar Academy Timetable – Thursday 18th 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)*

**16.30-17.00\* =** [**https://youtu.be/ACg6pdJ0Iy0?t=87**](https://youtu.be/ACg6pdJ0Iy0?t=87) **Warm up/stretch/strength**

**17.00-17.25\* = Bars from Week 13 (Advanced Bar Work)**

**17.25-17.45\* = Vault from Week 11 (Leg Day)**

**17.45-18.05\* = Floor from Week 1 (Handstands)**

**18.05-18.25\* = Beam from Week 1 (Handstands)**

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

**18.40-18.45\* =** <https://youtu.be/dDkxxoBRHVY>  **Ballet**