**Stellar Academy Timetable – Tuesday 19th May**

**9.00-9.10\* =** [**https://youtu.be/sqSRC61CERk?t=79**](https://youtu.be/sqSRC61CERk?t=79) **Cardio**

**9.10-9.30\* =** [**https://youtu.be/v0OzPShRHgM?t=32**](https://youtu.be/v0OzPShRHgM?t=32) **Stretch**

**9.30-9.50\* = Bars from Week 9 (Linking upstarts)**

**9.50-10.10\* = Beam from Week 7 (Tick Tock and Fwd Walkovers)**

**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**

**15.15-15.20\* =** [**https://youtu.be/9mjR\_ALMwzw**](https://youtu.be/9mjR_ALMwzw) **Spend approx. 30s on each activity**

**15.20-15.35\* = Challenge Stretch Routine (don’t forget to film and send in!)**

**15.35-15.55\* = Floor from Week 7 (Free Cartwheels)**

**15.55-16.15\* = Vault from Week 1 (Arm Circle through block)**

**16.15-16.30\* = Squad Conditioning for May – Tuesday Core OR** [**https://youtu.be/glxrwC9zsHY**](https://youtu.be/glxrwC9zsHY)