**Stellar Academy Timetable – Monday 1st 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/LqUmNsNgr6U**](https://youtu.be/LqUmNsNgr6U) **Cardio**

**16.35-16.45\* =** <https://youtu.be/-YQYCkGjBbI> **Stretch**

**16.45-16.55\* =** [**https://youtu.be/I8QPdOV2Pvw**](https://youtu.be/I8QPdOV2Pvw) **All Kicks x8 at least**

**16.55-17.15\* = Bars from Week 4 (Float part of the upstart)**

**17.15-17.35\* = Beam from Week 7 (Tick Tocks and Fwd Walkovers)**

**17.35-17.55\* = Vault from Week 11 (Leg Day)**

**17.55-18.15\* = Conditioning: Monday Squad Testing**

**18.15-18.35\* = Challenge: Floor Routine 2**

**18.35-18.45\* =** [**https://youtu.be/wxB1L6TR5fs**](https://youtu.be/wxB1L6TR5fs) **Cool Down**