**Stellar Academy Timetable – Friday 1st May FRIDAYS ARE FOR DANCING**

**9.00-9.05\* =** [**https://youtu.be/LqUmNsNgr6U**](https://youtu.be/LqUmNsNgr6U) **Cardio**

**9.05-9.15\* =** <https://youtu.be/-YQYCkGjBbI> **Stretch**

**9.15-9.45\* = Choreo “Stupid Love”** [**https://youtu.be/78ZL7T-\_I40**](https://youtu.be/78ZL7T-_I40) **Tutorial (music in description)**

**9.45-10.05\* = Beam from Week 5 (Bridges and Walkovers)**

**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/zbchEh4\_KB0**](https://youtu.be/zbchEh4_KB0) **Quick Stretch out. 30s overstretch splits on all legs after.**

**15.15-15.40\* = Bars from Week 5 (Cast Handstand/Pirouettes)**

**15.35-15.55\* = Vault from Week 2 (Safe Landings)**

**15.55-16.20\* = CHALLENGE Beam Complex Dance Routine**

**16.20-16.30\* = Conditioning** <https://youtu.be/rt7kLpN13AA> **->** <https://youtu.be/T051DMarN6Y>  **->** <https://youtu.be/hPFn7YPHyNs>

Enjoy your weekend!