**Stellar Academy Timetable – Wednesday 20th May**

**9.00-9.15\* =** [**https://youtu.be/W0OUjIf3IvA**](https://youtu.be/W0OUjIf3IvA) **Cardio/Plyo/Conditioning**

**9.15-9.20\* =** [**https://youtu.be/5PbrPKiLCi0?t=22**](https://youtu.be/5PbrPKiLCi0?t=22) **Stretch**

**9.20-9.30\* = Basics/Lines.** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3.

**9.30-9.50\* = Bars from Week 7 (Shoots)**

**9.50-10.10\* = Beam from Week 2 (Cartwheels)**

**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/zbchEh4\_KB0?t=24**](https://youtu.be/zbchEh4_KB0?t=24) **Cardio/Stretch**

**15.20-15.25\* =** [**https://youtu.be/FAnOLVf5BcU?t=10**](https://youtu.be/FAnOLVf5BcU?t=10) **Ballet Stretching**

**15.25-15.45\* = Vault from Week 2 (Safe Landings)**

**15.45-16.05\* = Floor from Week 2 (Cartwheels/Round Offs)**

**16.05-16.30\* = May Squad Conditioning Wednesday Arms/General- add weights if you can.**

**Don’t forget to send you Challenge entry in!**