**Stellar Academy Timetable – Thursday 21st May**

**9.00-9.03\* = As fast as possible: 20 burpees, 20 rock to shoulder stand jump up, 40 mountain climbers**

**9.03-9.30\* =** [**https://youtu.be/ugXQe5hbUAA?t=97**](https://youtu.be/ugXQe5hbUAA?t=97) **Full Stretch**

**9.03-9.30\* = Bars from Week 2 (Swing Shapes)**

**9.50-10.10\* = Beam from Week 3 (Leap complexes and large leaps)**

**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**

**15.15-16.10\* =** <https://youtu.be/TrrzdwCn7fU?t=95> **Quatro Workout with Jodie Kime**

**16.10-16.30\* = Vault from Week 4 (Handspring Entry)**