**Stellar Academy Timetable – Friday22nd May FRIDAYS ARE FOR DANCING!**

**9.00-10.00\* =** [**https://youtu.be/V1eoXPv-ObU?t=39**](https://youtu.be/V1eoXPv-ObU?t=39) **Choreo “What a Man Gotta Do” Music link in Description.**

**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**

**15.10-15.25\* =** [**https://youtu.be/e88EevoITiM**](https://youtu.be/e88EevoITiM) **Cardio/Stretch/Dance**

**15.25-15.45\* = Floor from Week 3 (Leaps)**

**15.45-16.05\* = Beam from Week 4 (BWOs and Flics)**

**16.05-16.25\* = Bars from Week 1 (Cast Handstands)**

**16.25-16-35\* = Conditioning** [**https://youtu.be/rA6poTSjbsU**](https://youtu.be/rA6poTSjbsU)

**Enjoy your weekend!**