**Stellar Academy Timetable – Thursday 23rd April**

**9.00-9.07\* =** <https://youtu.be/0_2gU2E0HOQ> **Cardio Warm Up**

**9.07-9.20\* =** [**https://youtu.be/5sv0fb1c0VM**](https://youtu.be/5sv0fb1c0VM) **Stretch Out**

**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\* = Beam** [**https://youtu.be/OUmds-RdtzQ**](https://youtu.be/OUmds-RdtzQ) **Break into parts and learn**

**9.50-10.10\* = Floor from Week 1 (Handstands)** [**https://youtu.be/kYX7Xg4Wztw**](https://youtu.be/kYX7Xg4Wztw)

**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**

**15.15-15.25\* =** <https://youtu.be/lmOVQNzIfks>  **PR/Stretch/Conditioning**

**15.25-15.45\* =** **Bars From Week 1 (Cast shapes)**

**15.45-16.05\* = Vault from Week 2 (Safe Landings)**

**16.05-16.20\* =** [**https://youtu.be/m3GKHaHYmc0**](https://youtu.be/m3GKHaHYmc0) **Ballet.**

**16.20-16.30\* = Quick Core Conditioning**

8x Bottom half crunches -> 8x Top half crunches -> 8x Crunches -> 8x Hip lifts in side plank (each side) -> 8x Bottom half arch lifts -> 8x Top half arch lifts -> 8x SLOW arch lifts.

Bent leg bridge for 8s -> Straight leg bridge on elbows for 8s -> 4 rocks in tuck -> Pike fold 20s