**Stellar Academy Timetable – Tuesday 23rd June**

*(Now some of you have gone back to school we have altered the plan so it can be done in the evening. It can still be broken up and done throughout the day)*

**16.30-16.40\* =** [**https://youtu.be/9mjR\_ALMwzw**](https://youtu.be/9mjR_ALMwzw) **Cardio (each exercise for 45 seconds)**

**16.40-17.00\* =** [**https://youtu.be/v0OzPShRHgM?t=32**](https://youtu.be/v0OzPShRHgM?t=32) **Stretch**

**17.00-17.20\* = Vault from Week 14 (Prepping ankles)**

**17.20-17.40\* = Beam from Week 11 (Polishing Skills)**

**17.40-18.00\* = Floor from Week 8 (Fouettes)**

**18.00-18.20\* = Bars from Week 4 (Upstarts)**

**18.20-18.35\* =** Tuesday Squad Conditioning AND Bleep Test! <https://youtu.be/sP8tvsjR2dQ>