**Stellar Academy Timetable – Wednesday 24th 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)*

**16.30-16.45\* =** [**https://youtu.be/W0OUjIf3IvA**](https://youtu.be/W0OUjIf3IvA) **Cardio/Plyo/Conditioning**

**16.45-17.00\* =** <https://youtu.be/PhJAAp9v2N0?t=71> **Stretch**

**17.00-17.20\* = Floor from Week 14 (Change Legs)**

**17.20-17.40\* = Beam from Week 6 (Spins)**

**17.40-18.00\* = Vault from Week 5 (Agility)**

**18.00-18.20\* = Bars from Week 10 (Squat ons)**

**18.20-18.45\* =** Wednesday Squad Conditioning AND Plank Challenge! <https://youtu.be/RCTpvZlDc_s>