**Stellar Academy Timetable – Thursday 25th 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/mWLKfeUhoOw> **Cardio**

**16.40-17.05\* =** <https://youtu.be/ugXQe5hbUAA> **Stretch**

**17.05-17.25\* = Beam from Week 14 (Resistance)**

**17.25-17.45\* = Vault from Week 8 (Round off entry)**

**17.45-18.05\* = Floor from Week 11 (Handstands 2)**

**18.05-18.25\* = Bars from Week 12 (Intermediate Bar)**

**18.25-18.45\* =** Thursday Squad Conditioning and handstand challenge! <https://youtu.be/E_CEBRxp_k0>