**Stellar Academy Timetable – Friday 26th June**

***Fridays are for dancing!***

*(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/WYzJ6RgN-Rk> **Cardio**

**16.40-17.00\* =** <https://youtu.be/vej7pZ7nOFg> **Stretch**

**17.00-17.35\* = CHOREO Lose you to Love me** [**https://youtu.be/BPf7hHU6YOQ?t=64**](https://youtu.be/BPf7hHU6YOQ?t=64)

**17.25-17.45\* = Bars from Week 1 (Cast shapes)**

**17.45-18.05\* = Beam** [**https://youtu.be/SfW3V4IedUE**](https://youtu.be/SfW3V4IedUE) **Coach Dee**

**18.05-18.25\* =** [**https://youtu.be/DkzUzrp2vVo?t=142**](https://youtu.be/DkzUzrp2vVo?t=142) **Disney Dance Conditioning**

**18.25-18.40\* =** Friday Squad Conditioning