**Stellar Academy Timetable - Tuesday 28th April**

**9.00-9.10\* =** <https://youtu.be/1gW2orni9ms> **Cardio/Conditioning Warm Up**

**9.10-9.30\* =** [**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility**

**9.30-9.50\* = Bars from Week 4 (Float Upstart)**

**9.50-10.10\* = Beam from Week 4 (Jumping)**

**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 (why not colour our posters?!)**

**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**

**15.15-15.30\* =** [**https://youtu.be/3WBdhlZC\_bo**](https://youtu.be/3WBdhlZC_bo) **Bleep Test (this is for 15m but adapt as you need)**

**15.30-15.35\* =** [**https://youtu.be/NkCyI5mT4cs**](https://youtu.be/NkCyI5mT4cs) **Quick Stretch out. 30s overstretch on each leg after.**

**15.35-15.55\* = Floor from Week 2 (Cartwheels and Round offs)**

**15.55-16.15\* =** <https://www.facebook.com/prawut.stit/videos/976191059158184/> **Beam AND A HISTORY LESSON! Break down and copy the different movements.** Do each movement for at least two counts of eight on each leg.

**16.15-16.30\* = Squad Conditioning – Tuesday Core**