**Stellar Academy Timetable – Thursday 28th May**

**9.00-9.07\* =** 1) Spotty dogs 2) Mountain Climbers 3) Step Ups 4) Bear Walking 5) Skipping 6) Squat Thrusts 7) Can Can kicks. Each station for 45 seconds with 15 seconds rest in between.

**9.10-9.30\* =** [**https://youtu.be/tcm04Lu6Om0**](https://youtu.be/tcm04Lu6Om0) **Stretch Out**

**9.30-9.50\* = Vault from Week 5 (Agility)**

**9.50-10.10\* = Bars from Week 6 (Cast Handstand and Pirouettes)**

**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**

**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/O8MuIk9k1lQ**](https://youtu.be/O8MuIk9k1lQ) **Break down into parts and learn.**

**15.30-15.35\* =** [**https://youtu.be/kvVFExUTGek**](https://youtu.be/kvVFExUTGek) **Stretch with Bonnie.**

**15.35-15.55\* = Beam from Week 5 (BWOs)**

**15.55-16.10\* = Thursday Squad Conditioning**

**16.10-16.30\* = Floor Routine Challenge: Listen to some different styles of Music and find some you wouldn’t normally go for.**