**Stellar Academy Timetable – Wednesday 29th April**

**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 5 (Second phase of the upstart)**

**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**

**15.15-15.40\* =** **Squad Conditioning Wednesday Arms/General**

**15.40-16.00\* =** **Floor From Week 5 (Spin Technique and learning an Illusion turn)**

**16.00-16.30\* = Beam Break Down and learn these Beam Dance Complexes. Spend approx. 15mins on each**

[**https://youtu.be/5OqdH-zTIcQ**](https://youtu.be/5OqdH-zTIcQ)

[**https://youtu.be/mhooFXD7W7M**](https://youtu.be/mhooFXD7W7M) **(use a chair/wall at the beginning)**