**Stellar Academy Timetable – Friday 29th May**

**FRIDAYS ARE FOR DANCING**

**9.00-9.05\* = Skipping rope or bouncing. 60 jumps -> 20s rest -> 45 jumps -> 15s rest -> 30 jumps**

**9.05-9.15\* =** <https://youtu.be/xQk08J8e-RM> **Stretch**

**9.15-9.45\* = CHOREO Jumptwist routine** [**https://youtu.be/\_VfoZEPUP0o**](https://youtu.be/_VfoZEPUP0o) **AND low level choreo combo** [**https://youtu.be/-jHrR8vy3OM**](https://youtu.be/-jHrR8vy3OM)

**9.45-10.05\* = Beam from Week 6 (Spins)**

**10.05-10.55\* = Lesson 1 e.g. English**

**10.55-11.10\* = BREAK TIME**

**11.10-12.00\* = Lesson 2 e.g. Maths**

**12.00-12.30\* = Lesson 3 Creativity e.g. Drawing**

**12.30-13.00\* = LUNCH BREAK (Help make food AND wash up!)**

**13.00-13.30\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.30-14.20\* = Lesson 5 e.g. Geography**

**14.20-15.10\* = Lesson 6 e.g. History**

**15.10-15.15\* =** <https://youtu.be/twaAuOYZ8Iw> **Stretch with Maddie.**

**15.15-15.35\* = Floor from Week 4 (BWOs).**

**15.35-15.55\* = Bars from Week 3 (Clear Hip Preps)**

**15.55-16.15\* = CHALLENGE – Try out some of these different dance styles** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVuiBxTS9pFEE1bgR0cLYDjz**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVuiBxTS9pFEE1bgR0cLYDjz) **See what other tutorials you can find.**

**16.15-16.30\* = Conditioning** <https://youtu.be/EJhgp8jfVf8> and <https://youtu.be/2VddmgquB88> and <https://youtu.be/0XHX-H5w388>

Enjoy Your Weekend!