**Stellar Academy Timetable – Tuesday 2nd June**

*(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)*

**16.30-16.35\* = 5min jog, skipping rope or bouncing on the trampoline.**

**16.35-16.50\* =** [**https://youtu.be/e88EevoITiM**](https://youtu.be/e88EevoITiM) **Adapt to do it in a smaller space. Pick one girl to copy is easiest.**

**16.50-17.10\* = Vault from Week 6 (Consistency- hopefully you’ll see some improvement!)**

**17.10-17.30\* = Beam from Week 11 (Polishing Skills for beam)**

**17.30-17.50\* = Bars from Week 4 (Second part of the upstart)**

**17.50-18.10\* = Floor from Week 7 (Free cartwheels)**

**18.10-18.30\* = Challenge: Floor Routine 2…a rough idea of the routine should be in place now.**

**18.30-18.45\* =** [**https://youtu.be/eCe-a7eN9YE?t=50**](https://youtu.be/eCe-a7eN9YE?t=50) **Ballet Conditioning**