**Stellar Academy Timetable – Thursday 30th April**

**9.00-9.10\* =** [**https://youtu.be/XqkaazHKQ5Q**](https://youtu.be/XqkaazHKQ5Q) **Cardio Warm Up**

**9.10-9.30\* =** [**https://youtu.be/ml0zcYT\_3Kk**](https://youtu.be/ml0zcYT_3Kk) **Grab your foam rollers/ball (ignore the tuck backs)**

**9.30-9.50\* = CHALLENGE: Beam Complex Dance**

**9.50-10.10\* = Floor from Week 3 (Leaps)** Hopefully you see some improvement!

**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**

**15.15-15.25\* =** [**https://youtu.be/lmOVQNzIfks**](https://youtu.be/lmOVQNzIfks)  **PR/Stretch/Conditioning**

**15.25-15.45\* =** **Vault from Week 1 (Arm Circle etc)**

**15.45-16.05\* = Bars from Week 2 (Swing Shapes)**

**16.05-16.30\* = CHALLENGE: Beam Complex Dance**