**Stellar Academy Timetable – Wednesday 3rd 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)*

**16.30-16.340\* = 5** [**https://youtu.be/yv2XE\_Ut3KU**](https://youtu.be/yv2XE_Ut3KU) **Cardio**

**16.40-16.45\* =** [**https://youtu.be/4CA8Sl3gqGg**](https://youtu.be/4CA8Sl3gqGg) **Stretch with Alice**

**16.45-16.50\* = Needle kicks x6, laying leg x 6 kicks, rocks in pike x 5. Kneeling back bend x4, bridge on elbows 8s. Splits held for 8 arms out mid centre, lean forward and back for 8, bounce for 8. Box held for 8, 4x swim through.**

**16.50-17.10\* = Floor from Week 5 (Spins)**

**17.10-17.30\* = Beam from Week 8 (Dismounts)**

**17.30-17.50\* = Bars from Week 7 (Undershoots)**

**17.50-18.10\* = Challenge: Floor Routine 2…(Final polishing before filming and submitting 4/06)**

**18.10-18.30\* = Vault from Week 7 (Technique)**

**18.30-18.40\* =** <https://youtu.be/kP4LYaOVZlk> **Rhythmic Conditioning**

**18.40-18.5\* = Squad Conditioning Wednesday General**