**Stellar Academy Timetable – Thursday 4th 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)*

**16.30-16.37\* = = 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.**

**16.37-16.42\* =** [**https://youtu.be/g4qyKYyuj28**](https://youtu.be/g4qyKYyuj28) **Stretch with Sophie R**

**16.42-16.50\* =** [**https://youtu.be/Ik69upukD4A**](https://youtu.be/Ik69upukD4A) **Flexibility**

**16.50-17.10\* = Challenge: Floor Routine 2. Finish it off, film and send in!**

**17.10-17.30\* = Beam from Week 9 (Polishing Beam 1)**

**17.30-17.50\* = Vault from Week 8 (Round off entry)**

**17.50-18.10\* = Floor from Week 8 (Fouettes)**

**18.10-18.20\* = Bars from Week 11 (Squat on and Jump)**

**18.20-18.45\* =** [**https://youtu.be/tBHWuc8SOms?t=130**](https://youtu.be/tBHWuc8SOms?t=130) **Ballet Class**