**Stellar Academy Timetable – Friday 5th June**

***FRIDAYS ARE FOR DANCING!***

*(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\* =**  https://youtu.be/aHfEX\_EZ9LA **Dance Pulse Raiser**

**16.35-16.40\* =** https://youtu.be/YDZ-v3bfzjs **Stretch to music**

**16.40-16.45\* =** [**https://youtu.be/KB1pVU5zMUY**](https://youtu.be/KB1pVU5zMUY) **Conditioning to music**

**16.45-17.05\* = Floor from Week 11 (Handstands 2)**

**17.05-17.25\* = Beam** [**https://youtu.be/SfW3V4IedUE?t=36**](https://youtu.be/SfW3V4IedUE?t=36)

**17.25-17.45\* = Bars from Week 8 (Blind Turns)**

**17.45-18.05\* = Vault from Week 9 (Vaulting Power)**

**18.05-18.25\* = CHOREO** [**https://youtu.be/5BsmQKfJvOE**](https://youtu.be/5BsmQKfJvOE) **Blinding lights. Break down a learn.**

**18.25-18.40\* =** <https://youtu.be/SoRmqE7A_IE> **TikTok Dance Workout1**