**Stellar Academy Timetable – Tuesday 5th May**

**9.00-9.10\* =** [**https://youtu.be/x-5rbSHMdeo**](https://youtu.be/x-5rbSHMdeo) **Cardio**

**9.10-9.30\* =** [**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility**

**9.30-9.50\* = Beam from Week 6 (Spins)**

**9.50-10.10\* = Floor from Week 7 (Dive and free cartwheels)**

**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**

**15.15-15.35\* =** **Vault from Week 7 (Run Technique)**

**15.35-15.40\* =** [**https://youtu.be/kGsMeQZujXg**](https://youtu.be/kGsMeQZujXg) **Quick Stretch Out**

**15.40-16.00\* = Bars from Week 3 (Clear Hips)**

**16.00-16.15\* = CHALLENGE Beam Complex Dance (don’t forget to send it in!)**

**16.15-16.30\* = Squad Conditioning for May – Tuesday Core**