**Stellar Academy Timetable – Wednesday 6th May**

**9.00-9.20\* =** [**https://youtu.be/ZZ\_NVJDqa1Q**](https://youtu.be/ZZ_NVJDqa1Q) **Cardio Warm Up**

**9.20-9.30\* =** [**https://youtu.be/nJ\_uNf7Nkes**](https://youtu.be/nJ_uNf7Nkes) **Stretch**

**9.30-9.50\* = Bars from Week 7 (Shoots)**

**9.50-10.10\* = Beam from Week 7 (Tick Tocks and Walkovers)**

**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\* =** [**https://youtu.be/JfbGiXFRmls**](https://youtu.be/JfbGiXFRmls) **PR/Stretch/Conditioning**

**15.35-15.55\* =** **Vault from Week 4 (The Handspring Entry)**

**15.55-16.15\* = Floor from Week 2 (Cartwheels and Round Offs)**

**16.15-16.25\* =** [**https://youtu.be/eCe-a7eN9YE**](https://youtu.be/eCe-a7eN9YE) **Pretty Conditioning!**

**16.25-16.30\* = One round of May Squad Conditioning Wednesday Arms/General.**