**Stellar Academy Timetable – Thursday 7th May** ~~FRIDAYS~~ THURSDAYS ARE FOR DANCING

**9.00-9.05\* =** <https://youtu.be/BzM_IUFx4p0> **Chasse Cardio**

**9.05-9.10\* =** <https://youtu.be/udm9R3Jat5k> **Stretch**

**9.10-9.20\* = Basics/Lines.** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3.

**9.15-9.45\* = Choreo: Cheer style for younger girls** [**https://youtu.be/nrxDkceSUIA**](https://youtu.be/nrxDkceSUIA) **Contemporary style for older girls** [**https://youtu.be/GQA3f2MQ8lQ**](https://youtu.be/GQA3f2MQ8lQ)

**9.45-10.05\* = Beam from Week 1 (Handstands)**

**10.05-10.55\* = Lesson 1**

**10.55-11.10\* = BREAK TIME**

**11.10-12.00\* = Lesson 2**

**12.00-12.30\* = Lesson 3 Creativity**

**12.30-13.00\* = LUNCH BREAK (Help make food AND wash up!)**

**13.00-13.30\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.30-14.20\* = Lesson 5**

**14.20-15.10\* = Lesson 6**

**15.10-15.30\* =** **Vault from Week 3 (fast feet).**

**15.30-15.40\* =** [**https://youtu.be/gQN\_JBh-CLk**](https://youtu.be/gQN_JBh-CLk) **Stretch out**

**15.40-16.00\* = Floor from week 4 (BWOs & flics)**

**16.00-16.15\* =** [**https://youtu.be/ORUlS1\_4se4**](https://youtu.be/ORUlS1_4se4) **Ballet conditioning**

**16.15-16.25\* = Thursday Squad Conditioning for May**

**16.25-16.30\* =** [**https://youtu.be/gaXdJRQjnbE**](https://youtu.be/gaXdJRQjnbE) **Cool down**

Enjoy your long weekend!