**Stellar Academy Timetable – Tuesday 9th 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)*

**16.30-16.40\* =** [**https://youtu.be/x-5rbSHMdeo**](https://youtu.be/x-5rbSHMdeo) **Cardio**

**16.40-17.00\* =** [**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility**

**17.00-17.20\* = Beam from Week 10 (Polishing Beam 2)**

**17.20-17.40\* = Floor from Week 10 (Polishing Floor 2)**

**17.40-18.00\* = Vault from Week 10 (Vaulting Power 2)**

**18.00-18.20\* = Bars from Week 12 (Intermediate Bar Workout)**

**18.20-18.40\* = NEW SQUAD CONDITIONING on here…** <http://www.stellargymnastics.co.uk/stellar-home-school-academy.html>