

CB ACADEMY MONTHLY PLANNER

MONTH:

March - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Seated Stretch (30 mins)	2 Improve your balance & Control (25 mins)	3 Stretch & Tone (42 mins)	4 Full BodyFeel Good (42 mins)	5 Rest Day	6 Rest Day
7 Higher Kicks Class (14 mins)	8 Box splits masterclass (40 mins)	9 Hip Recovery workout (15 mins)	10 KickFit New workout (9 mins)	11 Bo Warm up (19 mins) Drop Catch (6 mins)	12 Rest Day	13 Rest Day
14 Balance Routine (14 mins)	15 Yoga for Fulfillment (25 mins)	16 Optimal Kicks Workout (27 mins)	17 Front Split flow (16 mins)	18 Understanding the Strength behind our kicks (50 mins)	19 Rest Day	20 Rest Day
21 release Stress and Anxiety (19 mins)	22 Ultimate Warm up (17 mins) 360 hook (4 mins)	23 360 hook to tornado kick (5 mins)	24 360 hook, tornado, hook combo (6 mins)	25 Partnered Stretch (16 mins)	26 Rest Day	27 Rest Day
28 Optimal Kicks workout (46 mins)	29 Recover & Repair (18 mins)	30 Let's Jump Rope (11 mins)	31 Kip Up Tutorial (10 mins)		Rest Day	Rest Day