

CB ACADEMY MONTHLY PLANNER

MONTH:

April - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Stretch & Tone (42 mins)	2 Rest Day	3 Rest Day
4 Balance Routine (14 mins)	5 Optimal Kicks workout (40 mins)	6 Improve your balance & Control (25 mins)	7 Higher Kicks Class (14 mins)	8 Optimal Kicks workout (43 mins)	9 Rest Day	10 Rest Day
11 Box splits masterclass (40 mins)	12 Awaken your hips (13 mins)	13 Restorative Stretch (19 mins)	14 Front Split flow (16 mins)	15 Hip Recovery workout (15 mins)	16 Rest Day	17 Rest Day
18 Footwork Fundamentals (10 mins)	19 Hand Combination one (7 mins)	20 Freestyle Footwork Fundamentals (12 mins)	21 Hand Combination Two (8 mins)	22 KickFit New workout (11 mins)	23 Rest Day	24 Rest Day
25 Flexy Flow (22 mins)	26 Stretch & Sculpt (16 mins)	27 Yoga for Stress and Anxiety (19 mins)	28 Morning Mobility (10 mins)	29 Yoga for Fulfillment (25 mins)	30 Rest Day	31 Rest Day