

CB ACADEMY MONTHLY PLANNER

MONTH:

July - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Full body refresh (30 mins)	2 Rest Day	3 Rest Day
4 Kickfit Workout (16 mins)	5 Stretch & Sculpt (16 mins)	6 Ab Frenzy (10 mins)	7 Stability lower body blast (13 mins)	8 Kickfit Workout (16 mins)	9 Rest Day	10 Rest Day
11 Back to Basics (39 mins)	12 Improve your balance & control (25 mins)	13 Higher Kicks Class (20 mins)	14 Understanding the strength behind our kicks (50 mins)	15 Beginner Balance routine (14 mins)	16 Rest Day	17 Rest Day
18 Yoga for Fulfilment (25 mins)	19 Box splits masterclass (42 mins)	20 Stretch & Tone (42 mins)	21 Flowing into splits (26 mins)	22 Active recovery workout (18 mins)	23 Rest Day	24 Rest Day
25 Optimal Kicks (37 mins)	26 Full Body Stretch (30 mins)	27 Bo staff warm up/workout (17 mins) Fake neck roll (6 mins)	28 Footwork Fundamentals (10 mins) Freestyle Footwork (12 mins)	29 Front Splits flow (16 mins)	30 Rest Day	31 Rest Day