

















CB ACADEMY MONTHLY PLANNER

MONTH:

September - access all

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			 1 Let's Balance (13 mins)	2 Stretch & Sculpt (30 mins)	3 Rest Day 	4 Rest Day 
 5 Mastering our kicks (10 mins)	6 Hip Mobility Flow (15 mins)	 7 Let's Jump Rope (12 mins)	8 Optimal Kicks (30 mins)	9 Foam Roll Recovery (25 mins)	10 Rest Day 	11 Rest Day 
 12 Yoga for happy Hips (15 mins)	13 Higher kicks Class (30 mins)	14 Box splits masterclass (42 mins)	15 Understanding our kicks! (50 mins)	 16 Core Stabilisation (15 mins)	17 Rest Day 	18 Rest Day 
 19 Learn to Kip-up (10 mins)	20 Core & Inner thigh (13 mins)	 21 Tornado kick (13 mins)	22 Flowing Into Splits (26 mins)	23 Yoga for Fulfilment (25 mins)	24 Rest Day 	25 Rest Day 
26 Shoulder mobility for bo staff (12 mins)	 27 Bo Staff Spin Sequence (6 mins)	28 Bo Staff around the World (6 mins)	29 fake neck roll (6 mins)	30 Active Recovery 2.0 (19 mins)		

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