

# CB ACADEMY MONTHLY PLANNER

MONTH:

*October - access all*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3</b> Flexy Flow (39 mins)	<b>4</b> Kicking improver Class (45 mins)	<b>5</b> Kickfit Workout (16 mins)	<b>6</b> Back to Basics (39 mins)	<b>7</b> Stretch & tone (42 mins)	<b>8</b> Rest Day 	<b>9</b> Rest Day 
<b>10</b> Higher kicks Class (30 mins)	<b>11</b> Yoga for fulfillment (30 mins)	<b>12</b> Beginner Balance routine (14 mins)	<b>13</b> 10 minute ab frenzy (10 mins)	<b>14</b> Beginner Morning Flow (16 mins)	<b>15</b> Rest Day 	<b>16</b> Rest Day 
<b>17</b> Core Stretch (17 mins)	<b>18</b> Optimal Kicks (30 mins)	<b>19</b> Front splits flow (16 mins)	<b>20</b> Full Body Feel Good (20 mins)	<b>21</b> Hip Mobility Flow (15 mins)	<b>22</b> Rest Day 	<b>23</b> Rest Day 
<b>24</b> Combination Drills (13 mins)	<b>25</b> Foam Roll Recovery (25 mins)	<b>26</b> Understanding our kicks! (50 mins)	<b>27</b> Box Splits MasterClass (42 mins)	<b>28</b> Improve your balance & control (25 mins)	<b>29</b> Rest Day 	<b>30</b> Rest Day 
<b>31</b> Seated Stretch (30 mins)						

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