

# My Oireachtas prep



Month:



From Head to Toe Academy

Examples..

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 x a week	Skills	Dance class	Fran class & Skills	Dance class	Fran class	Skills	Sunday session
3 x a week	Dance class	Fran class & Skills	Dance class	Skills	Fran class & Skills	Dance class	Sunday session
4 x a week	Mobility Dance class Cool down	Mobility Dance class Cool down	Fran class	Mobility Dance class Cool down	Fran class	Mobility Dance class Cool down	Sunday session

## Monthly Focus

Skill: Turnout

Mind:

Physical:

## My Monthly Goal

3 turnout sessions.

Take 5 minutes before each class open hips & stretch after class

5 minutes of mindfulness each day. Visualise each evening  
Get all strength & stamina classes in.

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*Monthly  
Focus*

*My Monthly Goal*

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*Monthly  
Focus*

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