

July

2017

MOC SUMMER SCHEDULE

New!!! MOC BODY & BOOT CIRCUIT – Wednesdays!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 No MOC Class	4 9:30 am MOC Barre/Bounce 20/20/20 MOC Myofascia Stretch 7:45-9 pm	5 9:30 am NEW! MOC BODY & BOOT Circuit	6 9:30 am MOC Bounce Circuit Mash-up Drills	7 9:30 am MOC Barre Intensive Extreme Glutes, Abs & Beats	8
9	10 9:30 am MOC HITT Tabata Drills Out and In	11 9:30 am MOC Barre/Bounce Lots of Cardio/Chisel MOC Myofascia Stretch 7:45-9 pm	12 9:30 am NEW! MOC BODY & BOOT Circuit	13 9:30 am MOC Bounce Interval Circuit Extreme	14 9:30 am MOC Barre Intensive Barre Drills & Beats	15
16	17 9:30 am MOC HITT It Out of the Park!	18 9:30 am MOC Barre/Bounce MOC Myofascia Stretch 7:45-9 pm	19 9:30 am NEW! MOC BODY & BOOT Circuit	20 9:30 am MOC Bounce Circuit Extreme Fun!	21 9:30 am MOC Barre Intensive Barre Drills & Beats	22
23	24 9:30 am MOC HITT 3-2-1 Strength/Cardio & Ab Metabolic Reps	25 9:30 am MOC Barre/Bounce 20/20/20 MOC Myofascia Stretch 7:45-9 pm	26 9:30 am NEW! MOC BODY & BOOT Circuit	27 9:30 am MOC Bounce Interval Circuit II Hips/Abs/ Butt Drills	28 9:30 am MOC Barre & Beats Intensive Barre Drills	29
30	31 9:30 am MOC HITT 1:1 Drills Two Way Circuit					