

August

2017

MOC SUMMER SCHEDULE

Summer Break Aug 26th -Sept 4th – Classes Resume Sept 5th!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 am 1 MOC Barre/Bounce 20/20/20	2	9:30 am 3 MOC Bounce Summer Circuit Mash-up Drills	9:30 am 4 MOC Barre Intensive Extreme Glutes, Abs & Beats	5
6	NO MOC CLASS 7	9:30 am 8 MOC Barre/Bounce Lots of Cardio & Lots of Chisel	9	9:30 am 10 MOC Bounce Circuit Extreme (Fun)	9:30 am 11 MOC Barre Intensive Barre Drills	12
13	9:30 am 14 MOC HITT Tabata & AMRAPs <i>+15 min of myofascia stretch after class</i>	9:30 am 15 MOC Barre/Bounce Intervals	16	9:30 am 17 MOC Bounce Interval Circuit II Hips/Abs/Butt Drills	9:30 am 18 MOC Barre Intensive Barre Drills & Beats	19
20	9:30 am 21 MOC HITT 3-2-1 Strength/Cardio & Ab Metabolic Reps <i>+15 min of myofascia stretch after class</i>	9:30 am 22 MOC Barre/Bounce Chisel	23	9:30 am 24 MOC Bounce Interval Circuit Extreme (Sub Gayle/Deb)	9:30 am 25 MOC Barre Intensive Drills (Sub Deb)	26
27	MOC SUMMER BREAK 28	MOC SUMMER BREAK 29	MOC SUMMER BREAK 30	MOC SUMMER BREAK 31		