


September

Thank You For Being With MOC This Fall!

2022

15 Classes + 4 Mobility Stretch

JUST GET IT DONE!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				VACATION ¹	VACATION ²	VACATION ³
VACATION ⁴	BACK TO IT!!! ⁵ 	MOC ARMS/ABS STRENGTH ⁶ in 35 minutes	MOC MOBILITY STRETCH ⁷ Full Body Focus In 45 minutes	MOC CORE CARDIO ⁸ in 40 minutes	MOC H.A.B.I.T. ⁹ in 30 minutes	
	MOC BUTT & HIPS ¹² Weights & Bands In 30	MOC ARMS/ABS STRENGTH 2 ¹³ in 35	MOC MOBILITY STRETCH ¹⁴ Hips/Back/Shoulder In 60	MOC CARDIO PLUS ¹⁵ in 40	MOC SCULPT FULL BODY ¹⁶ Bands/Ball Fun in 30	
	MOC STRENGTH w/AMRAPs ¹⁹ in 40	MOC ARMS/ABS MUSCLE UP ²⁰ in 35	MOC MOBILITY STRETCH ²¹ Dynamic Relaxation In 50	MOC 3-2-1 CARDIO ²² in 40	MOC X-CORE DRILLS ²³ in 30	
	MOC STRENGTH HIIT ²⁶ in 40	MOC ARMS BACK & BUTT ²⁷ in 35	MOC MOBILITY STICK STRETCH ²⁸ In 60	MOC CARDIO INTERVALS ²⁹ in 40	MOC FULL BODY CHISEL Mat Class ³⁰ in 35	