

October

2017

MOC FALL CALENDAR

Oct 19 – 90 minute Rebounder Class celebrating 10 years of FUN!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>9:30 am 2</p> <p>MOC HITT 3-2-1 Strength/Cardio/Ab +15 min of myofascia stretch after class</p>	<p>9:30 am 3</p> <p>MOC trampoLEAN</p> <p>7:45-9 pm Fascia Stretch</p>	<p>6:00-7:00 pm 4</p> <p>MOC Cycle with Myofascia Stretch Therapy *Millennium Place</p>	<p>9:30 am 5</p> <p>MOC Bounce Fall Circuit Mash Up Drills</p>	<p>9:30 am 6</p> <p>MOC Barre Intensive Barre Drills w/Legs & Butts</p>	7
8	<p>9:30 am 9</p> <p>MOC HITT Holiday Special Turkey Tabata</p>	<p>9:30 am 10</p> <p>MOC trampoLEAN</p> <p>7:45-9 pm Fascia Stretch</p>	<p>6:00-7:00 pm 11</p> <p>MOC Cycle with Myofascia Stretch Therapy *Millennium Place</p>	<p>9:30 am 12</p> <p>MOC Bounce High Adrenaline Cardio</p>	<p>9:30 am 13</p> <p>MOC Barre Intensive Barre Drills & Beats</p>	14
15	<p>9:30 am 16</p> <p>MOC HITT 1:1 Drills Two Way Circuit +15 min of myofascia stretch after class</p>	<p>9:30 am 17</p> <p>MOC trampoLEA</p> <p>7:45-9 pm Fascia Stretch</p>	<p>6:00-7:00 pm 18</p> <p>MOC Cycle with Myofascia Stretch Therapy *Millennium Place</p>	<p>9:30 am 19</p> <p>MOC Bounce <i>90 minute class celebrating 10 years of MOC rebounding</i></p>	<p>9:30 am 20</p> <p>MOC Barre Intensive Extreme Glutes, Abs & Beats</p>	21
22	<p>9:30 am 23</p> <p>MOC HITT Tabata & AMRAPs +15 min of myofascia stretch after class</p>	<p>9:30 am 24</p> <p>MOC trampoLEAN</p> <p>7:45-9 pm Fascia Stretch</p>	<p>6:00-7:00 pm 25</p> <p>MOC Cycle with Myofascia Stretch Therapy *Millennium Place</p>	<p>9:30 am 26</p> <p>MOC Bounce Interval Circuit II Hips, Abs, Butt Drills</p>	<p>9:30 am 27</p> <p>MOC Barre Intensive Barre Drills w/Legs Butt & Arms</p>	28
29	<p>9:30 am 30</p> <p>MOC HITT Abs & Interval +15 min of myofascia stretch after class</p>	<p>9:30 am 31</p> <p>MOC trampoLEAN</p> <p>No Evening Classes</p>				

*Please call Millennium Place for Registration 780-467-2211, course #116117 Oct 4-Dec 13