

November

2017

November is Energy Month!

Tees for Trees!! Details to follow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00-7:00 pm ¹ MOC Cycle with Myofascia Stretch Therapy *Millennium Place	9:30 am ² MOC Bounce Circuit Mash Up Drills	9:30 am ³ MOC Barre Intensive Extreme Glutes, Abs & Beats	⁴
⁵	9:30 am ⁶ MOC HITT Tabata & AMRAPs	9:30 am ⁷ MOC trampoLEAN Cardio/Barre (lots!) 7:45-9 pm Fascia Stretch	6:00-7:00 pm ⁸ MOC Cycle with Myofascia Stretch Therapy *Millennium Place	9:30 am ⁹ MOC Bounce Circuit Extreme FUN	9:30 am ¹⁰ MOC Barre Intensive Barre Drills & Beats	¹¹
¹²	9:30 am ¹³ MOC HITT ³⁻²⁻¹ Strength/Cardio/Ab <i>+15 min of myofascia stretch after class</i>	9:30 am ¹⁴ MOC trampoLEAN Cardio/Barre (lots!) 7:45-9 pm Fascia Stretch	6:00-7:00 pm ¹⁵ MOC Cycle with Myofascia Stretch Therapy *Millennium Place	9:30 am ¹⁶ MOC Bounce Circuit Extreme FUN	9:30 am ¹⁷ MOC Barre Intensive Barre Drills & Beats	¹⁸
¹⁹	9:30 am ²⁰ MOC HITT Extreme 10/20/30	9:30 am ²¹ MOC trampoLEAN Cardio/Barre (lots!) 7:45-9 pm Fascia Stretch	6:00-7:00 pm ²² MOC Cycle with Myofascia Stretch Therapy *Millennium Place	9:30 am ²³ MOC Bounce Interval Circuit II Hips/Abs/Butts	9:30 am ²⁴ MOC Barre Intensive H.A.B.I.T	²⁵
²⁶	9:30 am ²⁷ MOC HITT 1:1 Circuit	9:30 am ²⁸ MOC trampoLEAN Cardio/Barre (lots!) 7:45-9 pm Fascia Stretch	6:00-7:00 pm ²⁹ MOC Cycle with Myofascia Stretch Therapy *Millennium Place	9:30 am ³⁰ MOC Bounce Circuit Extreme		

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