

MOC LIVE

SPRING TIME IS IN THE AIR!!!

April, 2022

Thank you for being together!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO CLASS ENJOY THE DAY!	2
3	4 CELEBRATING WELLNESS	5 MOC LIVE CARDIO STRENGTH HIIT DRILLS with M.E.S.S.	6 MOC LIVE FLOW MOBILITY FULL BODY FLOW	7 MOC CARDIO YOGA BALL BALANCE & CARDIO	8 MOC CHISEL/SCULPT SQUATES, PLIES ARMS, ARMS, ARMS	9
10	11 CELEBRATING HAPPINESS	12 MOC LIVE CARDIO STRENGTH E.M.O.M. 1 min Drills	13 MOC LIVE FLOW MOBILITY FULL SPRING TRAINING Technique	14 MOC BOUNCE CIRCUIT PLUS CORE & MORE	15 MOC CHISEL/SCULPT H.A.B.I.T.A.T.	16
17	18 CELEBRATING NEW LIFE	19 MOC LIVE CARDIO STRENGTH CALORIE BURN Mets	20 MOC LIVE FLOW MOBILITY FOAM ROLLER & S.M.R.	21 MOC CARDIO YOGA BALL FULL BODY FIT	22 MOC CHISEL/SCULPT GLUTES & ARMS	23
24	25 CELEBRATING FIT BODY	26 MOC LIVE CARDIO STRENGTH REPS & SETS	27 MOC LIVE FLOW MOBILITY FULL SPRING TRAINING Technique	28 MOC BOUNCE CIRCUIT 1:1 BLAST	29 MOC CHISEL/SCULPT ARMED & AMPED	30