

# MOC LIVE

No Time for June 30 Day Challenge?

2020

June 2020 ~ Feeling the Love

For a personal challenge, do 12 classes

| Sunday | Monday | Tuesday                                                                       | Wednesday                                                    | Thursday                                                                                                               | Friday                                                          | Saturday |
|--------|--------|-------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------|
|        | 1      | 9:30-10:30 am 2<br>MOC LIVE<br>Cardio/Strength<br>JOY                         | 7:00-8:00 pm 3<br>MOC LIVE<br>Mobility Stretch<br>BREATH     | 4                                                                                                                      | 9:30-10:30 am 5<br>MOC LIVE<br>Chisel/Sculpt<br>EMPOWER         | 6        |
| 7      | 8      | 9:30-10:30 am 9<br>MOC LIVE<br>Cardio/Strength<br>Mega Arms<br>EXCEPTIONAL    | 10                                                           | 9:30-10:30 am 11<br>MOC LIVE<br>Rebounder/Cycle<br>Cardio Circuit<br>AMAZING                                           | 9:30-10:30 am 12<br>MOC LIVE<br>Glutes/Guts/Glory<br>GRATIFYING | 13       |
| 14     | 15     | 9:30-10:30 am 16<br>MOC LIVE<br>Cardio/Strength<br>Butts of Steel<br>BLISSFUL | 7:00-8:00 pm 17<br>MOC LIVE<br>Mobility Stretch<br>DELICIOUS | 18                                                                                                                     | 9:30-10:30 am 19<br>MOC LIVE<br>Ab/Core Blast<br>ENERGIZING     | 20       |
| 21     | 22     | 9:30-10:30 am 23<br>MOC LIVE<br>Cardio/Strength<br>FANTASTIC                  | 24                                                           | 9:30-10:30 am 25<br>MOC LIVE<br>Trampoline<br>Details TBA<br>INSPIRING                                                 | 9:30-10:30 am 26<br>MOC LIVE<br>Booty & Beats<br>MOTIVATIONAL   | 27       |
| 28     | 29     | 9:30-10:30 am 30<br>MOC LIVE<br>Cardio/Strength<br>Ab Blaster<br>HERO         |                                                              | Congratulations!<br><br>REWARDING |                                                                 |          |