

September

FALL 2021 with MOC LIVE!!!

September, 2021

***MOC YOGA BALL**

***BACK BY POPULAR DEMAND!!!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BACK TO SCHOOL WEEK	2	3	4
5	6 LABOR DAY	7 MOC STRENGTH HIIT	8 MOC MOBILITY FULL BODY FASCIA	9 MOC CARDIO CIRCUIT ABS	10 MOC CHISEL BAND CAMP	11
12	13 JUST GET IT DONE	14 MOC STRENGTH AMRAP	15 MOC MOBILITY CHAIR	16 *MOC YOGA BALL	17 MOC CHISEL GLUTES/ARMS	18 MOC WALK 10:00-11:30 am
19	20 PLAY & HAVE FUN	21 MOC STRENGTH EMOM	22 MOC MOBILITY HIPS/SHOULDERS	23 MOC CARDIO CIRCUIT 1:1	24 MOC CHISEL FULL BODY	25
26	27 CELEBRATE YOUR STRENGTH	28 MOC STRENGTH TABATAS	29 MOC MOBILITY NECK/CALVES	30 *MOC YOGA BALL		

"MOC FITNESS CLASS OF THE DAY" will arrive to your email after 9:00 am for your workout pleasure. Ready to Roll!!!
Mobility Stretch (Wednesdays) will arrive after 6:00 pm.