

December

2019

Candlelight & Champagne Stretch Dec 10

MOC Holidays Dec 24 – Jan 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	9:30 am MOC VIIT Amraps	9:30 am MOC Cardio Bounce 7:30-8:45 pm Stretch Class 6	6-7:00 pm MOC Cycle & Myofascial Stretch *Millennium Place	9:30 am MOC Bounce Circuit Cardio	9:30 am MOC Moves w/Intensive Barre, Pilates & Beats	7
8	9:30 am MOC VIIT Metabolic Drills	9:30 am MOC Cardio Bounce Candlelight Stretch 7:30-9:45 pm	6-7:00 pm MOC Cycle & Myofascial Stretch *Millennium Place	9:30 am MOC Bounce Circuit Abs	9:30 am MOC Moves w/Intensive Barre, Pilates	14
15	9:30 am MOC VIIT Cardio Drills 1:1	9:30 am MOC Cardio Bounce No Stretch Class Begins Jan 7-Feb 11	6-7:00 pm MOC Cycle & Myofascial Stretch Begins Jan, 2020	9:30 am MOC Bounce Circuit Abs/Butts	9:30 am MOC Moves w/Intensive Barre, Pilates & Beats	21
22	9:30 am MOC VIIT Full Body					28
29			January 6, 2020 Back at it!	20 Day MOC Challenge Jan 6-31!!!		