

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|---|---|--|--|------------------------|
| <div> <div>April 2017</div> <div>MSU WELLNESS CENTER</div> <div>GROUP FITNESS SCHEDULE</div> </div> | | | | | | 1 7:00am Boot Camp |
| 2 | 3 5:30am RIP 6:15am RIP 7:00am PiYo 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow | 4 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba | 5 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 5:15pm Cycle Xpress 5:45pm Cycle Xpress | 6 5:30am Cardio Tabata 6:15am Core Strength 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Water Exercise | 7 5:30am RIP 6:15am RIP 7:00am Core Strength | 8 7:00am Boot Camp |
| 9 4:00pm Soul Cycle | 10 5:30am RIP 6:15am RIP 7:00am PiYo 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow | 11 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba | 12 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress | 13 5:30am Cardio Tabata 6:15am Core Strength 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym | 14 5:30am RIP 6:15am RIP 7:00am Core Strength | 15 7:00am Boot Camp |
| 16 Happy Easter! | 17 5:30am RIP 6:15am RIP 7:00am PiYo 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow | 18 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba | 19 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress | 20 5:30am Cardio Tabata 6:15am Core Strength 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Water Exercise | 21 5:30am RIP 6:15am RIP 7:00am Core Strength | 22 7:00am Boot Camp |
| 23 4:00pm Soul Cycle _____ 30 | 24 5:30am RIP 6:15am RIP 7:00am PiYo 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow | 25 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba | 26 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress | 27 5:30am Cardio Tabata 6:15am Core Strength 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym | 28 5:30am RIP 6:15am RIP 7:00am Core Strength | 29 7:00am Boot Camp |