

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 5:30am RIP 6:15am RIP 7:00am PiYo 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga	2 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba	3 5:30am Boot Camp 6:15am Boot Camp 4:45pm Water Exercise	4 5:30am Cardio Tabata 6:15am Core 7:00am Yoga Flow 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym	5 5:30am RIP 6:15am RIP 7:00am Core Strength	6
7	8 5:30am RIP 6:15am RIP 7:00am PiYo 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	9 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba	10 5:30am Boot Camp 6:15am Boot Camp	11 5:30am Cardio Tabata 6:15am Core 7:00am Yoga Flow 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba in Gym	12 5:30am RIP 6:15am RIP 7:00am Core Strength	13
14	15 5:30am RIP 6:15am RIP 7:00am PiYo 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	16 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba	17 5:30am Boot Camp 6:15am Boot Camp	18 5:30am Cardio Tabata 6:15am Core 7:00am Yoga Flow 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym	19 5:30am RIP 6:15am RIP 7:00am Core Strength	20
21	22 5:30am RIP 6:15am RIP 7:00am PiYo 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	23 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba	24 5:30am Boot Camp 6:15am Boot Camp	25 5:30am Cardio Tabata 6:15am Core 7:00am Yoga Flow 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym	26 5:30am RIP 6:15am RIP 7:00am Core Strength	27
28	29 5:30am RIP 6:15am RIP 7:00am PiYo 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	30 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba	31 5:30am Boot Camp 6:15am Boot Camp	<div> <div>May 2017</div> <div>MSU WELLNESS CENTER</div> <div>GROUP FITNESS SCHEDULE</div> </div>		