

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	4  No Classes Happy Independence Day!	5  6:15am Cycle Xpress 7:00am Yoga Flow	6 5:30am Cardio Tabata 6:15am PiYo Strength	7 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	8
9	10 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	11 5:30am Step 6:15am Cardio Tabata	12 5:30am Boot Camp 6:15am Cycle Xpress 7:00am Yoga Flow	13 5:30am Cardio Tabata 6:15am PiYo Strength	14 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	15
16	17 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	18 5:30am Step 6:15am Cardio Tabata	19 5:30am Boot Camp 6:15am Cycle Xpress 7:00am Yoga Flow	20 5:30am Cardio Tabata 6:15am PiYo Strength	21 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	22
23	24 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	25 5:30am Step 6:15am Cardio Tabata	26 5:30am Boot Camp 6:15am Cycle Xpress 7:00am Yoga Flow	27 5:30am Cardio Tabata 6:15am PiYo Strength	28 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	29
30	31 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	<b>JULY 2017</b>		<b>MSU WELLNESS CENTER GROUP FITNESS SCHEDULE</b>		