

AUGUST 2017

MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 5:30am Step 6:15am Cardio Tabata	2 5:30am Boot Camp 6:15am Cycle Xpress 7:00am Yoga Flow	3 5:30am Cardio Tabata 6:15am PiYo Strength	4 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	5
6	7 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	8 5:30am Step 6:15am Cardio Tabata	9 5:30am Boot Camp	10 5:30am Cardio Tabata	11 5:30am RIP Strength	12
13	14 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	15 5:30am Step 6:15am Cardio Tabata	16 5:30am Boot Camp 6:15am Cycle Xpress 7:00am Yoga Flow	17 5:30am Cardio Tabata 6:15am PiYo Strength	18 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	19
20	21 5:30am RIP Strength 6:15am RIP Strength 7:00am Yoga Flow	22 5:30am Step 6:15am Cardio Tabata	23 5:30am Boot Camp 6:15am Cycle Xpress 7:00pm Yoga Flow	24 5:30am Cardio Tabata 6:15am PiYo Strength	25 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	26
27	28 5:30am RIP Strength 6:15am RIP Strength	29 5:30am Step 6:15am Cardio Tabata	30 5:30am Boot Camp 6:15am Cycle Xpress 7:00pm Yoga Flow	31 5:30am Cardio Tabata 6:15am PiYo Strength		