

# September 2017

## MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	2
3	4 5:30am RIP Strength 6:15am RIP Strength  **LABOR DAY**	5 5:30am Cardio Tabata 6:15am PiYo Strength	6 5:30am Boot Camp 6:15am Core Strength 4:30pm Cycle Xpress No Zumba 7:00pm Yoga Flow	7 5:30am Cardio Tabata 6:15am Cardio Tabata	8 5:30am RIP Strength	9
10	11 5:30am RIP Strength 6:15am RIP Strength  4:30pm Cycle Circuit 4:45pm Water Exercise 6:00pm Zumba	12 5:30am Cardio Tabata 6:15am PiYo Strength	13 5:30am Boot Camp 6:15am Core Strength 4:30pm Cycle Xpress 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	14 5:30am Step 6:15am Cardio Tabata	15 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	16
17	18 5:30am RIP Strength 6:15am RIP Strength  4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba	19 5:30am Cardio Tabata 6:15am PiYo Strength	20 5:30am Boot Camp 6:15am Core Strength 4:30pm Cycle Xpress 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	21 5:30am Step 6:15am Cardio Tabata	22 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	23
24	25 5:30am RIP Strength 6:15am RIP Strength  4:30pm Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba	26 5:30am Cardio Tabata 6:15am PiYo Strength	27 5:30am Boot Camp 6:15am Core Strength 4:30pm Cycle Xpress 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	28 5:30am Step 6:15am Cardio Tabata	29 5:30am RIP Strength 6:15am RIP Strength 7:00am Core Strength	30