

November 2017

MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

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