

October 2017

MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 5:30am RIP Strength 6:15am RIP Strength 4:30pm Cycle Circuit 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	3 5:30am STEP 6:15am PiYo Strength 4:30pm Cycle Xpress 5:00pm RIP Strength	4 5:30am Cycle Circuit 6:15am Core Strength 4:30pm PiYo Strength 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	5 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength	6 5:30am Zumba 5:30am STEP 6:15am RIP Strength 7:00am Core Strength	7
8	9 5:30am REIP Strength 6:15am RIP Strength 4:30pm Cycle Circuit 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	10 5:30am STEP 6:15am PiYo Strength 4:30pm Cycle Xpress 5:00pm RIP Strength	11 5:30am Cycle Circuit - 6:15am Core Strength 4:30pm PiYo Strength 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	12 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength	13 5:30am Zumba 5:30am STEP 6:15am RIP Strength 7:00am Core Strength	14
15	16 5:30am RIP Strength 6:15am RIP Strength 4:30pm Cycle Circuit 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	17 5:30am STEP 6:15am PiYo Strength 4:30pm Cycle Xpress 5:00pm RIP Strength	18 5:30am Cycle Circuit 6:15am Core Strength 4:30pm PiYo Strength 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	19 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength	20 5:30am Zumba 5:30am STEP 6:15am RIP Strength 7:00am Core Strength	21
22	23 5:30am RIP Strength 6:15am RIP Strength 4:30pm Cycle Circuit 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	24 5:30am STEP 6:15am PiYo Strength 4:30pm Cycle Xpress 5:00pm RIP Strength	25 5:30am Cycle Circuit 6:15am Core Strength 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	26 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength	27 5:30am Zumba 5:30am STEP 6:15am RIP Strength 7:00am Core Strength	28
29	30 5:30am Rip Strength 6:15am RIP Strength 4:30pm Cycle Circuit 4:45pm Water Exercise 5:00pm Zumba 7:00pm Yoga Flow	31 5:30am STEP 6:15am PiYo Strength 4:30pm Cycle Xpress 5:00pm RIP Strength				