

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