

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Happy New Year!	2 5:30am STEP 6:15am RIP Strength 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	3 5:30am Cycle Circuit 6:15am Cycle Circuit 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	4 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	5 5:30am Zumba 5:30am STEP	6 7:00am Zumba
7	8 5:30am RIP Strength 6:15am PiYo Strength 9:00am Gentle Yoga 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xprss 7:00pm Yoga Flow	9 5:30am STEP 6:15am RIP Strength 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	10 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am Simply Strength 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	11 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	12 5:30am Zumba 5:30am STEP 6:15am RIP Strength 9:00am Gentle Yoga	13 7:00am Step
14	15 5:30am RIP Strength 6:15am PiYo Strength 9:00am Gentle Yoga 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	16 5:30am STEP 6:15am RIP Strength 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	17 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am Simply Strength 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	18 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	19 5:30am Zumba 5:30am STEP 6:15am RIP Strength	20 7:00am Cycle/Yoga (30 min each!)
21	22 5:30am RIP Strength 6:15am PiYo Strength 9:00am Gentle Yoga 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	23 5:30am STEP 6:15am RIP Strength 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	24 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am Simply Strength 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	25 5:30am RIP Strength 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	26 5:30am Zumba 5:30am STEP 6:15am RIP Strength 9:00am Gentle Yoga	27 7:00am PiYo
28	29 5:30am RIP Strength 6:15am PiYo Strength 9:00am Gentle Yoga 4:45pm Water Exercise 5:30pm Zumba 6:30pm Cycle Xpress 7:00pm Yoga Flow	30 5:30am STEP 6:15am RIP Strength 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm Cycle Xpress	31 5:30am Cycle Circuit 6:15am Cycle Circuit 9:00am Simply Strength 4:45pm Water Exercise 5:30pm Zumba 7:00pm Yoga Flow	<div>January 2018</div> <div>MSU WELLNESS CENTER</div> <div>GROUP FITNESS SCHEDULE</div>		