

MSU WELLNESS CENTER ** GROUP FITNESS SCHEDULE

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

OCTOBER 2016