

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
February 2017			1 5:30am Boot Camp 6:15am Boot Camp 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	2 5:30am Cardio Tabata 6:15am Step/Core 5:15pm RIP 5:45pm Zumba in Gym	3 5:30am RIP 6:15am RIP	4 7:00am Boot Camp
	5 6 5:30am RIP 6:15am RIP 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	7 5:30am Step 6:15am Cancelled 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	8 5:30am Boot Camp 6:15am Boot Camp 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	9 5:30am Cardio Tabata 5:15pm RIP 5:45pm Zumba in Gym	10 5:30am Cancelled 6:15am Cancelled	11 7:00am Boot Camp
	12 13 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	14 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	15 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	16 5:30am Cardio Tabata 6:15am Step/Core 5:15pm RIP 5:45pm Zumba in Gym	17 5:30am RIP 6:15am RIP 7:00am Core Strength	18 7:00am Boot Camp
	19 20 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	21 5:30am Step 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	22 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow 4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	23 5:30am Cardio Tabata 6:15am Step/Core 5:15pm RIP 5:45pm Zumba in Gym	24 5:30am RIP 6:15am RIP 7:00am Core Strength	25 7:00am Boot Camp
	26 27 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	28 5:30am Yoga Flow 6:15am Cardio Tabata 4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	MSU WELLNESS CENTER GROUP FITNESS SCHEDULE			