

# MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>December 2016</b>			<b>1</b> 5:30am Cardio Tabata 6:15am PiYo  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	<b>2</b> 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	<b>3</b>
<b>4</b>	<b>5</b> 5:30am RIP 6:15am RIP  4:45pm Water Exercise	<b>6</b> 5:30am Step  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	<b>7</b> 5:30am RIP Lower 6:15am RIP Lower  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata	<b>8</b> 5:30am Cardio Tabata 6:15am PiYo  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	<b>9</b> 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	<b>10</b>
<b>11</b>	<b>12</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>13</b> 5:30am Step 6:15am Cardio Tabata  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	<b>14</b> 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow  5:45pm Cycle Xpress 6:15pm Cardio Tabata	<b>15</b> 5:30am Cardio Tabata 6:15am PiYo  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	<b>16</b> 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	<b>17</b>
<b>18</b>	<b>19</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>20</b> 5:30am Step 6:15am Cardio Tabata  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	<b>21</b> 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow  5:45pm Cycle Xpress 6:15pm Cardio Tabata	<b>22</b> 5:30am Cardio Tabata 6:15am PiYo  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	<b>23</b> 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	<b>24</b>
<b>25</b>	<b>26</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>27</b> 5:30am Step 6:15am Cardio Tabata  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	<b>28</b> 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow  5:45pm Cycle Xpress 6:15pm Cardio Tabata	<b>29</b> 5:30am Cardio Tabata 6:15am PiYo  4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	<b>30</b> 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	<b>31</b>

