

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div> <div>May 2018</div> <div>MSU WELLNESS CENTER</div> <div>GROUP FITNESS SCHEDULE</div> </div>		1 5:30am STEP N 6:15am RIP Strength N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	2 5:30am Cardio Tabata K 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:30pm Cycle Xpress H 4:45pm Water Exercise J 5:30pm Zumba A 7:00pm Yoga Flow L	3 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress K 5:00pm PiYo Strength 5:45pm RIP Strength H	4 5:30am Zumba A 5:30am STEP L 6:15am Instructors Choice N 9:00am Strength/Yoga N	5
	6 7 5:30am RIP Strength N 6:15am PiYo Strength N 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:30pm Zumba A 6:30pm Cycle Xpress L 7:00pm Yoga Flow L	8 5:30am STEP N 6:15am RIP Strength N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	9 5:30am Cardio Tabata K 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:30pm Cycle Xpress H 4:45pm Water Exercise J 5:30pm Zumba A 7:00pm Yoga Flow L	10 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	11 5:30am Zumba A 5:30am STEP L 6:15am Instructors Choice N 9:00am Strength/Yoga N	12
	13 14 5:30am RIP Strength L 6:15am PiYo Strength N 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:30pm Zumba A 6:30pm Cycle Xpress 7:00pm Yoga Flow N	15 5:30am STEP N 6:15am RIP Strength N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	16 5:30am Cardio Tabata K 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:30pm Cycle Xpress H 4:45pm Water Exercise J 5:30pm Zumba A 7:00pm Yoga Flow L	17 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	18 5:30am Zumba A 5:30am STEP N 6:15pm Instructors Choice N 9:00am Strength/Yoga N	19
	20 21 5:30am RIP Strength N 6:15am PiYo Strength N 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:30pm Zumba A 6:30pm Cycle Xpress L 7:00pm Yoga Flow L	22 5:30am STEP N 6:15am RIP Strength N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H	23 5:30am Cardio Tabata K 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:30pm Cycle Xpress 4:45pm Water Exercise J 5:30pm Zumba A 7:00pm Yoga Flow L	24 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength L	25 5:30am Zumba A 5:30am STEP L 6:15pm Instructors Choice N 9:00am Strength/Yoga N	26
	27 28 Memorial Day No Classes *let me know if anyone wants to teach class?	29 5:30am STEP 6:15am RIP Strength 9:00am Lo Impact Cardio 4:30pm Cycle Xpress 5:00pm PiYo Strength 5:45pm RIP Strength H	30 5:30am Cardio Tabata 6:15am Cycle Circuit 9:00am Strength/Yoga L 4:30pm Cycle Xpress H 4:45pm Water Exercise J 5:30pm Zumba A 7:00pm Yoga Flow L	31 5:30am RIP Strength L 6:15am Cardio Tabata L 9:00am Lo Impact Cardio L 4:30pm Cycle Xpress D 5:00pm PiYo Strength D 5:45pm RIP Strength H		