

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	JUNE 2018 MSU WELLNESS CENTER GROUP FITNESS SCHEDULE				1 5:30am Instructors Choice K 6:15am Instructors Choice D	2
3	4 5:30am STEP L 6:15am PiYo Strength D 9:00am Strength/Yoga L 4:45pm Water Exercise J	5 5:30am RIP Strength D 6:15am STEP L 7:00am Cycle Xpress L 9:00am Lo Impact Cardio L	6 5:30am Cardio Tabata K 6:15am RIP Strength L 9:00am Strength/Yoga N 4:45pm Water Exercise J	7 5:30am RIP Strength N 6:15am Cardio Tabata N 7:00am Cycle Xpress K 9:00am Lo Impact Cardio L	8 5:30am STEP N 6:15am Instructors Choice N	9
10	11 5:30am STEP N 6:15am PiYo Strength N 9:00am Strength/Yoga N 4:45pm Water Exercise J	12 5:30am RIP Strength N 6:15am STEP L 7:00am Cycle Xpress L 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress H	13 5:30am Cardio Tabata K 6:15am RIP Strength L 9:00am Strength/Yoga L 4:45pm Water Exercise J	14 5:30am RIP Strength N 6:15am Cardio Tabata N 7:00am Cycle Xpress K 9:00am Lo Impact Cardio L	15 5:30am STEP N 6:15pm Instructors Choice N	16
17	18 5:30am STEP N 6:15am PiYo Strength N 9:00am Strength/Yoga N 4:45pm Water Exercise J	19 5:30am RIP Strength N 6:15am STEP L 7:00am Cycle Xpress L 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress H	20 5:30am Cardio Tabata K 6:15am Cycle Circuit L 9:00am Strength/Yoga L 4:45pm Water Exercise J	21 5:30am RIP Strength N 6:15am Cardio Tabata N 7:00am Cycle Xpress K 9:00am Lo Impact Cardio L	22 5:30am STEP N 6:15pm Instructors Choice N	23
24	25 5:30am STEP N 6:15am PiYo Strength D 9:00am Strength/Yoga N 4:45pm Water Exercise J	26 5:30am RIP Strength N 6:15am STEP L 7:00am Cycle Xpress L 9:00am Lo Impact Cardio N 4:30pm Cycle Xpress H	27 5:30am Cardio Tabata K 6:15am Cycle Circuit L 9:00am Strength/Yoga L 4:45pm Water Exercise J	28 5:30am RIP Strength N 6:15am Cardio Tabata N 7:00am Cycle Xpress K 9:00am Lo Impact Cardio N	29 5:30am STEP N 6:15pm Instructors Choice N	30