

AUGUST 2018

MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 5:30am Cardio Tabata D 6:15am RIP Strength L 9:00am Strength/Yoga N	2 5:30am RIP Strength N 6:15am Cardio Tabata L 9:00am Lo Impact Cardio N	3 5:30am STEP N 6:15am RIP Strength N	4
5	6 5:30am STEP N 6:15am PiYo Strength N 9:00am Strength/Yoga N	7 5:30am RIP Strength N 6:15am STEP L 9:00am Lo Impact Cardio L	8 5:30am Cardio Tabata K 6:15am RIP Strength L 9:00am Strength/Yoga L	9 5:30am RIP Strength L 6:15am Cardio Tabata L NO 9:00am Class	10 5:30am Cycle Xpress K 6:15am Cardio Tabata K	11
12	13 5:30am STEP N 6:15am PiYo Strength D 9:00am Strength/Yoga N	14 5:30am RIP Strength N 6:15am STEP L 9:00am Lo Impact Cardio L	15 5:30am Cardio Tabata K 6:15am Cycle Xpress K 9:00am Strength/Yoga N	16 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N	17 5:30am STEP N 6:15pm RIP Strength N	18
19	20 5:30am STEP N 6:15am PiYo Strength D 9:00am Strength/Yoga N	21 5:30am RIP Strength N 6:15am STEP L 9:00am Lo Impact Cardio L	22 5:30am Cardio Tabata K 6:15am RIP Strength D 9:00am Strength/Yoga N	23 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N	24 5:30am STEP L 6:15pm RIP Strength N	25
26	27 5:30am STEP L 6:15am PiYo Strength D 9:00am Strength/Yoga N	28 5:30am RIP Strength N 6:15am STEP N 9:00am Lo Impact Cardio N	29 5:30am Cardio Tabata N 6:15am RIP Strength D 9:00am Strength/Yoga N	30 5:30am RIP Strength N 6:15am Cardio Tabata N 9:00am Lo Impact Cardio N	31 5:30am STEP L 6:15pm RIP Strength N	