

September 2018

MSU WELLNESS CENTER GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Labor Day NO Classes	4 5:30am RIP Barbell N 6:15am STEP/Core N 9:00am Lo Impact Cardio N	5 5:30am Cardio Tabata K 6:15am PiYO D 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A 7:00pm Yoga L	6 5:30am RIP Mix N 6:15am STEP/Core N 9:00am Lo Impact Cardio N 4:30pm Cycle H 5:05pm Cycle H	7 5:30am STEP N 6:15pm RIP Barbell N 9:00am Strength/Yoga N	8
9	10 5:30am STEP L 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A	11 5:30am RIP Barbell N 6:15am STEP/Core N 9:00am Lo Impact Cardio N 4:30pm Cycle H	12 5:30am Cardio Tabata K 6:15am PiYO D 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A 7:00pm Yoga L	13 5:30am RIP Mix N 6:15am STEP /Core N 9:00am Lo Impact Cardio N 4:30pm Cycle D	14 5:30am STEP N 6:15pm RIP Barbell N 9:00am Strength/Yoga N	15
16	17 5:30am STEP L 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A	18 5:30am RIP Barbell N 6:15am STEP/Core N 9:00am Lo Impact Cardio N 4:30pm Cycle D	19 5:30am Cardio Tabata K 6:15am PiYO D 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A 7:00pm Yoga L	20 5:30am RIP Mix N 6:15am STEP/CoreN 9:00am Lo Impact Cardio N 4:30pm Cycle D 5:05pm Cycle H	21 5:30am STEP N 6:15pm RIP Barbell N 9:00am Strength/Yoga N	22
23	24 5:30am STEP L 6:15am Cycle Circuit K 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A	25 5:30am RIP Barbell N 6:15am STEP/Core N 9:00am Lo Impact Cardio N 4:30pm Cycle D	26 5:30am Cardio Tabata K 6:15am PiYO D 9:00am Strength/Yoga N 4:45pm Water Exercise J 5:15pm Zumba A 7:00pm Yoga L	27 5:30am RIP Mix N 6:15am STEP/Core N 9:00am Lo Impact Cardio N 4:30pm Cycle H 5:05pm Cycle H	28 5:30am STEP N 6:15pm RIP Barbell N 9:00am Strength/Yoga N	29