

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>May 2019</b> <b>MSU WELLNESS CENTER</b> <b>GROUP FITNESS SCHEDULE</b>		<b>1</b> 5:30am Cardio Tabata K 6:15am PiYo D 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle N 7:00pm Yoga N	<b>2</b> 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm RIP Barbell H	<b>3</b> 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	<b>4</b>
5	<b>6</b> 5:30am STEP L 6:15am Cycle Circuit K 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle L	<b>7</b> 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm PiYo D	<b>8</b> 5:30am Cardio Tabata K 6:15am PiYo D 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle L 7:00pm Yoga L	<b>9</b> 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle K 5:05pm RIP Barbell H	<b>10</b> 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	<b>11</b>
12	<b>13</b> 5:30am STEP L 6:15am Cycle Circuit K 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle L	<b>14</b> 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm PiYo D	<b>15</b> 5:30am Cardio Tabata K 6:15am PiYo D 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle H 7:00pm Yoga N	<b>16</b> 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm RIP Barbell H	<b>17</b> 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	<b>18</b>
19	<b>20</b> 5:30am STEP N 6:15am Cycle Circuit K 9:00am Cardio/Strength Mix N 4:30pm PINK TEAM Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle D	<b>21</b> 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm PiYo D	<b>22</b> 5:30am Cardio Tabata K 6:15am PiYo D 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle L 7:00pm Yoga L	<b>23</b> 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 4:30pm Blue Team Cycle K 5:05pm RIP Barbell H	<b>24</b> 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	<b>25</b>
26	<b>27</b>  No Classes  Memorial Day	<b>28</b> 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga L 10:15am Water Exercise J 4:30pm Blue Team Cycle D 5:05pm PiYo D	<b>29</b> 5:30am Cardio Tabata K 6:15am PiYo D 9:00am Cardio/Strength Mix N 4:30pm Pink Team Cycle H 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm Purple Team Cycle L 7:00pm Yoga L	<b>30</b> 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga L 10:15am Water Exercise J 4:30pm Blue Team Cycle H 5:05pm RIP Barbell H	<b>31</b> 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	