

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	June	2019	<i>MSU WELLNESS CENTER GROUP FITNESS SCHEDULE</i>			
2	3 5:30am RIP H 6:15am Cycle Circuit D 8:30am Cardio/Strength N	4 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga L 9:45am Water Exercise J	5 5:30am Cardio Tabata K 8:30am Cardio/Strength J	6 5:30am Step L 6:15am PiYo D 8:30am Strength/Yoga N 9:45am Water Exercise J	7 5:30am Step/RIP N 6:15am RIP N	8
9	10 5:30am RIP H 6:15am Cycle Circuit D 8:30am Cardio/Strength N	11 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga L 9:45am Water Exercise J	12 5:30am Cardio Tabata K 8:30am Cardio/Strength J	13 5:30am Step L 6:15am PiYo D 8:30am Strength/Yoga N 9:45am Water Exercise J	14 5:30am Step/RIP N 6:15am RIP N	15
16	17 5:30am RIP H 6:15am Cycle Circuit D 8:30am Cardio/Strength N	18 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga L 9:45am Water Exercise J	19 5:30am Cardio Tabata K 8:30am Cardio/Strength J	20 5:30am Step L 6:15am PiYo D 8:30am Strength/Yoga N 9:45am Water Exercise J	21 5:30am Step/RIP N 6:15am RIP N	22
23	24 5:30am RIP H 6:15am Cycle Circuit D 8:30am Cardio/Strength N	25 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga L 9:45am Water Exercise J	26 5:30am Cardio Tabata K 8:30am Cardio/Strength J	27 5:30am Step L 6:15am PiYo D 8:30am Strength/Yoga N 9:45am Water Exercise J	28 5:30am Step/RIP N 6:15am RIP N	29