

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	August 2019 MSU WELLNESS CENTER GROUP FITNESS SCHEDULE			1 5:30am Cardio Tabata H 6:15am PiYo D 8:30am Strength/Yoga L	2 5:30am Step/Strength N 6:15am RIP N	3
4	5 5:30am Cardio Tabata L 6:15am Cycle Circuit L 8:30am Cardio/Strength N	6 5:30am Step/Core L 6:15am RIP L 8:30am Strength/Yoga L	7 5:30am RIP H 8:30am Cardio/Strength N	8 5:30am Cardio Tabata L 6:15am PiYo D 8:30am Strength/Yoga L	9 5:30am Step/Strength N 6:15am RIP N	10
11	12 5:30am Cardio Tabata N 6:15am Cycle Circuit D 8:30am Cardio/Strength N	13 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga N	14 5:30am RIP H 8:30am Cardio/Strength N	15 5:30am Cardio Tabata H 6:15am PiYo D 8:30am Strength/Yoga L	16 5:30am Step/Strength N 6:15am RIP N	17
18	19 5:30am Cardio Tabata H 6:15am Cycle Circuit D 8:30am Cardio/Strength L	20 5:30am Step/Core N 6:15am RIP N 8:30am Strength/Yoga N	21 5:30am RIP N 8:30am Cardio/Strength N	22 5:30am Cardio Tabata H 6:15am PiYo D 8:30am Strength/Yoga N	23 5:30am Step/Strength L 6:15am RIP N	24
25	26 5:30am Cardio Tabata H 6:15am Cycle Circuit D 8:30am Cardio/Strength N	27 5:30am Step/Core L 6:15am RIP N 8:30am Strength/Yoga N	28 5:30am RIP H 8:30am Cardio/Strength N	29 5:30am Cardio Tabata H 6:15am PiYo D 8:30am Strength/Yoga N	30 5:30am Step/Strength N 6:15am RIP N	