

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