

Sun	Monday	Tuesday	Wednesday	Thursday	mFriday	Sat
	<h1>February 2019</h1> <h2>MSU WELLNESS CENTER</h2> <h3>GROUP FITNESS SCHEDULE</h3>				1 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	2
3	4 5:30am STEP L 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 N	5 5:30am RIP Barbell N 6:15am RIP Barbell N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	6 5:30am Cardio Tabata K 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 7:00pm Yoga L	7 5:30am Rip Barbell N 6:15am Cardio Tabata N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP H	8 5:30am STEP L 6:15am RIP Barbell D 9:00am Cardio/Strength Mix A	9
10	11 5:30am STEP L 6:15am PiYo D 9:00am Cardio/Strength Mix J 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	12 5:30am RIP Barbell H 6:15am RIP Barbell D 9:00am NO CLASS 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	13 5:30am Cardio Tabata K 6:15am Cycle Circuit K 9:00am Cardio/Strength Mix J 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	14 5:30am Rip Barbell L 6:15am Cycle H 9:00am NO CLASS 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP H	15 5:30am STEP L 6:15am RIP Barbell D 9:00am Cardio/Strength Mix J	16
17	18 5:30am STEP L 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	19 5:30am RIP Barbell N 6:15am RIP Barbell N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	20 5:30am Cardio Tabata K 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 7:00pm Yoga L	21 5:30am Rip Barbell N 6:15am Cardio Tabata N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP H	22 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	23
24	25 5:30am STEP L 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 N	26 5:30am RIP Barbell N 6:15am RIP Barbell N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	27 5:30am Cardio Tabata K 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 7:00pm Yoga L	28 5:30am Rip Barbell N 6:15am Cardio Tabata N 9:00am Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP H		