

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 5:30am STEP L 6:15am Cycle Circuit K 9:00am Cardio/Strength Mix N 4:30pm PINK TEAM Cycle 4:45pm Water Exercise J 5:15pm Zumba A 6:15pm PURPLE TEAM Cycle L 7:00pm Yoga L	2 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle H 5:05pm RIP Barbell H	3 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	4 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP PiYo D	5 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	6
7	8 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 7:00pm Yoga N	9 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle 4:30pm Blue Team Cycle D 5:05pm PiYo D	10 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	11 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP Barbell H	12 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	13
14	15 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 7:00pm Yoga L	16 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	17 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	18 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP Barbell H	19 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	20
21	22 5:30am STEP L 6:15am Cycle Circuit 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	23 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	24 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	25 5:30am RIP Barbell N 6:15am Cardio Tabata N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm RIP Barbell H	26 5:30am STEP N 6:15am RIP Barbell N 9:00am Cardio/Strength Mix N	27
28	29 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 7:00pm Yoga L	30 5:30am Step/RIP N 6:15am RIP Barbell N 9:00am Strength/Yoga N 10:15am Water Exercise J 12:00pm Green Team Cycle K 4:30pm Blue Team Cycle D 5:05pm PiYo D	<div> <div>April 2019</div> <div>MSU WELLNESS CENTER</div> <div>GROUP FITNESS SCHEDULE</div> </div>			