

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 5:30am Cardio Circuit H 4:45pm Water Exercise J 5:45pm Zumba A	3 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D	4 5:30am Power Yoga L 6:15am PiYo Strength D 8:30am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	5 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 5:45pm Cycle/Core L	6 5:30am Step Circuit N 6:15am Zumba KP 8:30am Cardio/Core N 12:15pm Barbell Strength N	7
8	9 5:30am Cardio Circuit H 6:15am Power Yoga N 8:30am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:45pm Water Exercise J 5:45pm Zumba A	10 5:30am Step N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D	11 5:30am Power Yoga L 6:15am Cardio Tabata K 8:30am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	12 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core L	13 5:30am Cardio Circuit H 6:15am Zumba KP 8:30am Cardio/Core N 12:15pm Cycle Circuit K	14
15	16 5:30am Cardio Circuit H 6:15am Power Yoga N 8:30am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:45pm Water Exercise J 5:45pm Zumba A	17 5:30am Step N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D	18 5:30am Power Yoga L 6:15am Cardio Tabata K 8:30am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	19 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core L	20 5:30am Step Circuit N 6:15am Zumba KP 8:30am Cardio/Core N 12:15pm Barbell Strength N	21
22	23 5:30am Cardio Circuit H 6:15am Power Yoga N 8:30am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:45pm Water Exercise J 5:45pm Zumba A	24 5:30am Step N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit N 4:30pm Cycle D 5:00pm PiYo Strength D	25 5:30am Power Yoga L 6:15am PiYo Strength D 8:30am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	26 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core L	27 5:30am Step Circuit N 6:15am Zumba KP 8:30am Cardio/Core N 12:15pm Barbell Strength N	28
29	30 5:30am Cardio Circuit H 6:15am Power Yoga N 8:30am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:45pm Water Exercise J 5:45pm Zumba A	31 5:30am Step N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle Circuit N 4:30pm Cycle N 5:00pm PiYo Strength N	<div>March 2020</div> <div>MSU WELLNESS CENTER GROUP FITNESS SCHEDULE</div>			