

MARCH



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	2 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	3 8-Spin-MK 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga- KEL	4 8-Intense Cardio-CD
6 8-Spin-DAN 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-KEL 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	7 8:30-H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL 4:15-Circuits-MM	8 8-Spin-DAN 8:30-H2Otherapy-MK 9-Liquid Cardio- MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	9 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	10 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	11 8-Intense Cardio-DP
13 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits- KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MK 6:30-Spin- MK 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	14 8:30-H2Otherapy-DAN 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 10:30-Jamz-MK 4:15-NO CLASS	15 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-DP 6:30-Spin-DP	16 8:30-H2Otherapy-MOL 9:30-Intense Cardio-KEL 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	17 8-Spin-MK 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL	18 8-Intense Cardio-CD
20 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MK 6:30-Spin-MK 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	21 8:30-H2Otherapy-MOL 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL 4:15-Circuits-MM	22 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	23 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	24 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio- MM 10-Yoga/Stretch-MM	25 8-Intense Cardio-CD
27 8-Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-TD 8-AD H2Otherapy-TD	28 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-MOL 4:15-Circuits-MM	29 8-Spin-Dan 8:30-H2Otherapy-MD 9-Liquid Cardio-MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	30 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	31 8-Spin-MK 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL	-Water shoes highly recommended for classes