

April



Aqua

859-426-7777 www.silverlakefamily.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8-Spin-Dan 8:30-H2Otherapy-DP 9-Liquid Cardio-DAN 10-Circuits-KEL 10:30-H2Otherapy- MOL 5:30-Intense Cardio-MK 6:30-Spin-MK 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	3 8:30-H2Otherapy- DAN 9:30-Intense Cardio-DAN 10:30-H2Otherapy-DAN 10:30-Jamz-AP	4 8-Spin-Dan 8:30-H2Otherapy- MK 9-Deep Water Dance-KEL 10-Pilates-AP 5:30-Abs&Buns- LC 6:30-Spin-LC	5 8:30-H2Otherapy- MK 9:30-Intense Cardio- KEL 10:30-H2Otherapy- KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD	6 8-Spin-MK 8:30-H2Otherapy- MOL 9-Liquid Cardio-MK 10-Yoga/Stretch-AP	7 8-Intense Cardio-CD
9 8-Spin-MD 8:30-H2Otherapy- DAN 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MM 6:30-Spin-MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	10 8:30-H2Otherapy-MOL 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	11 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	12 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MK 7-Liquid Cardio-CD 8-H2Otherapy-CD	13 8-Spin-DAN 8:30-H2Otherapy-MD 9-Deep Water Dance-KEL 10-Yoga-KEL	14 8-Intense Cardio-CD
16 8-Spin-MD 8:30-H2Otherapy- DAN 9-Liquid Cardio-MD 10-Circuits- DAN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MM 6:30-Spin- MM 7-Liquid Cardio-LC 8-AD H2Otherapy-LC	17 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-AP	18 8-Spin-DAN 8:30-H2Otherapy-MOL 9-Liquid Cardio-MD 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	19 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 7-Liquid Cardio-CD 8-H2Otherapy-CD	20 8-Spin-MK 8:30-H2Otherapy-DP 9-Liquid Cardio- MK 10-Yoga/Stretch-AP	21 8-Intense Cardio-CD
23 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-Spin-MM 7-Liquid Cardio- CD 8-AD H2Otherapy-CD	24 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Jamz-KEL	25 8-Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- AP 5:30-Abs&Buns-MM 6:30-Spin-MM	26 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MOL 7-Liquid Cardio-CD 8-H2Otherapy-CD	27 8-Spin-MM 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch-MM	28 8-Intense Cardio-CD
30 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-LC 8-AD H2Otherapy-LC					-Water shoes highly recommended for classes -Must have 6