

November

859-426-7777 www.silverlakefamily.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>Aqua</h1>			1	2	3
			8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-CD 8-H2Otherapy-CD	8:30-H2Otherapy-MK 9-Liquid Cardio- MM 10-Yoga/Stretch- MM 10-Boga Basics/Stretch-MK	8-Intense Cardio-CD
5 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-DAN 10:30-H2Otherapy-MK 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC 7:30 Boga Basics-MM 8-AD H2Otherapy-LC	6 8:30-H2Otherapy-MK 9:30-Intense Cardio-MM 10:30-H2Otherapy- DAN 10:30-Aqua Tri- MM	7 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM 6:30-Aqua Tri- MM	8 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-CD 8-H2Otherapy-CD	9 8:30-H2Otherapy-MD 9-Liquid Cardio-MM 10-Yoga/Stretch- MM 10-No Boga Today	10 8-Intense Cardio-CD
12 8-Aqua Spin-MD 8:30-H2Otherapy- DP 9-Liquid Cardio-MD 10-Circuits-MOL 10:30-H2Otherapy-DAN 5:30-Intense Cardio- MK 6:30-Aqua Spin- MK 7-Liquid Cardio- LC 7:30 Boga Basics- MK 8-AD H2Otherapy- LC	13 8:30-H2Otherapy-DAN 9:30-Intense Cardio- MD 10:30-H2Otherapy-DAN 10:30-Aqua Tri- MD	14 8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MK 5:30-Abs& Buns- LC 6:30-Aqua Tri- LC	15 8:30-H2Otherapy- MK 9:30-Intense Cardio-MOL 10:30-H2Otherapy- MOL 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-CD 8-H2Otherapy-CD	16 8:30-H2Otherapy-DP 9-Liquid Cardio- MK 10-Yoga/Stretch- MD 10-Boga Basics/Stretch-MK	17 8-Intense Cardio-CD
19 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-MOL 10:30-H2Otherapy-MK 5:30-Intense Cardio-DAN 6:30-Aqua Spin-DAN 7-Liquid Cardio- LC 7:30 No Boga Tonight 8-AD H2Otherapy- LC	20 8:30-H2Otherapy-MD 9:30-Intense Cardio-MM 10:30-H2Otherapy-DAN 10:30-Aqua Tri- MM	21 8-Aqua Spin- DAN 8:30-H2Otherapy- MOL 9-Liquid Cardio- MM 10-Pilates-MM	22 HAPPY THANKSGIVING!	23 9-Intense Cardio-LC	24 8-Intense Cardio-CD
26 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-MK 10:30-H2Otherapy-DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- CD 7:30 Boga Basics-MM 8-AD H2Otherapy- CD	27 8:30 H2Otherapy-DAN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK 10:30-Aqua Tri- MM	28 8-Aqua Spin- DAN 8:30-H2Otherapy- MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs& Buns-MM 6:30-Aqua Tri- MM	29 8:30-H2Otherapy-MD 9:30-Intense Cardio-MM 10:30-H2Otherapy-MM 10:30-Boga Bootcamp-JAMIE 7-Liquid Cardio-LC 8-H2Otherapy-LC	30 8:30-H2Otherapy-MK 9-Liquid Cardio-MM 10-Yoga/Stretch- MM 10-Boga Basics/ Stretch-MK -Water shoes highly recommended for classes -Must have 6 people to sustain classes.	