



# Group Exercise/Spin May 2026

## Monday

9:15AM Spin  
10:15AM BS/Abs  
4:45PM Barre  
4:45PM Spin  
5:45PM Yoga  
6:00PM Spin  
6:45PM Jamz

## Tuesday

6:15AM Spin  
9:00AM Cardio & Strength Intervals  
9:15AM Spin  
4:30PM Mat Pilates  
5:45PM Cardio & Strength Intervals  
6:00PM Spin

## Wednesday

9:00AM Mat Pilates  
9:15AM Spin  
4:45PM Spin  
6:00PM Kick Azz

## Thursday

6:15AM Spin  
9:00AM Jamz  
9:15AM Spin  
10:15AM Kick Azz  
4:30PM Mat Pilates  
5:45PM Yoga

## Friday

9:15AM Spin  
10:15AM Barre

## Saturday

8:15AM Spin  
9:30AM Spin

## Sunday

9:15AM Spin  
10:30AM Yoga



Be sure to check the Silverlake app for each week's instructors, class information/type of spin class, and canceled class information