



Group Exercise/Spin

August 2026

Monday

9:00AM Rotating Class
9:15AM Spin
10:15AM BS/Abs
4:45PM BS/Barre
4:45PM Spin
5:45PM Yoga
6:00PM Spin
6:50PM Jamz

Tuesday

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

Wednesday

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



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

Thursday

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

Friday

9:00AM 20/20/20
9:15AM Spin
10:15AM BS/Barre

Saturday

8:15AM Spin
9:00AM Rotating Class
9:30AM Spin

Sunday

9:15AM Spin
9:15AM Rotating Class
10:30AM Yoga