

# CAC - SILVER LAKE GROUP EX SCHEDULE SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>R30</b> 5:45-6:15am Erin, Cycle Studio	<b>Yoga Flow</b> 5:45-6:45am Helen Mind/Body Studio		<b>Bootcamp</b> 5:45-6:45am Jenna GX Studio			
<b>Group Core</b> 6:20-6:45am Erin, GX Studio						
<b>Group Power</b> 9:15-10:15am Dot GX Studio	<b>Group Core</b> 9:15-9:45am Chrissy, GX Studio	<b>Group Power</b> 9:15-10:15am Dot GX Studio	<b>Group Core</b> 9:15-9:45am Chrissy, GX Studio	<b>Group Power</b> 9:15-10:15am Rotating Instructor GX Studio	<b>Group Core</b> 9:00-9:30am Mary, GX Studio	<b>Group Power</b> 9:00-10:00am Mary GX Studio
<b>Water Aerobics</b> 9:00am-10:00am Bari Indoor Pool	<b>H.I.I.T.</b> 9:45-10:15am Chrissy, GX Studio	<b>Water Aerobics</b> 9:00am-10:00am Logan Indoor Pool	<b>R30</b> 9:45-10:15am Chrissy, Cycle Studio		<b>Group Blast</b> 9:30-10:15am Mary, GX Studio	<b>R30</b> 10:15-10:45am Mary, Cycle Studio
<b>Vinyasa</b> 9:30-10:30am Carmen Mind/Body Studio		<b>Pilates Barre</b> 9:15-10:15am Laurie Mind/Body Studio				
<b>R30</b> 10:20-10:50am Dot, Cycle Studio	<b>S.B.C.</b> 10:30-11:30am Chrissy GX Studio		<b>S.B.C.</b> 10:30-11:30am Chrissy GX Studio			
<b>Pilates Barre</b> 10:40-11:30am Carmen Mind/Body Studio	<b>Yoga Flow</b> 10:30-11:30am Karen Mind/Body Studio	<b>Yin Yoga</b> 10:30-11:30am Marni Mind/Body Studio	<b>Yoga Flow</b> 10:30-11:30am Karen Mind/Body Studio	<b>Yoga Blend</b> 10:30-11:30am Bari Mind/Body Studio	<b>Yoga Flow</b> 11:00-12:00pm Helen Mind/Body Studio	<b>Power Vinyasa</b> 10:30-11:30am Dani Mind/Body Studio
	<b>Aqua Motion</b> 1:00-2:00pm Bari Indoor Pool	<b>S.B.C.</b> 1:00-2:00pm Bari GX Studio	<b>Aqua Motion</b> 1:00-2:00pm Dot Indoor Pool			
<b>Group Core</b> 5:00-5:30pm Mary, GX Studio	<b>Group Power</b> 5:00-6:00pm Bari GX Studio	<b>Group Blast</b> 5:00-6:00pm Veronica GX Studio	<b>Group Power</b> 5:00-6:00pm Mary GX Studio			
<b>Group Blast</b> 5:30-6:00pm Mary, GX Studio	<b>R30</b> 6:15-6:45pm Bari, Cycle Studio		<b>Heated Yoga Flow</b> 6:00-7:00pm Karen Mind/Body Studio			
<b>Heated Vinyasa</b> 6:30-7:30pm Dani Mind/Body Studio		<b>Yoga &amp; Meditation</b> 5:30-6:30pm Helen Mind/Body Studio	<b>R30</b> 6:15-6:45pm Mary, Cycle Studio			
<b>Zumba</b> 6:30-7:30pm Lindsay GX Studio	<b>Yoga Flow</b> 6:30-7:30pm Dani Mind/Body Studio	<b>Zumba</b> 6:30-7:30pm Lindsay GX Studio				
<b>Water Aerobics</b> 7:00-8:00pm Kelly Indoor Pool	<b>Water Aerobics</b> 7:00-8:00pm Kelly Indoor Pool	<b>Water Aerobics</b> 7:00-8:00pm Kelly Indoor Pool				

