

May Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/29	4/30	5/1	5/2	5/3	5/4	5/5
4:30 pm Power-30 -Vina		4:30 pm Power-30 -Vina		4:30 pm Power-30 -Vina		4 pm Yoga -Lidia
5:15 pm Tabata Legs -Erica	5:15 pm Step & Abs -Lidia	5:15 pm Hip Hop -Erica	5:15 pm DROP Set HIIT -Erica		8:30 am LaBlast -Lidia	
6:30 pm Zumba Step -Lidia	6:30 pm Core & More -Wendy	6:30 pm Pump2Sculpt -Tatjana	6:30 pm BARRE -Lidia		9:30 am Pump2Sculpt -Vina	
5/6	5/7	5/8	5/9	5/10	5/11	5/12
4:30 pm Step-30 -Christie		4:30 pm Power-30 -Vina		4:30 pm Power-30 -Vina		 Happy Mother's Day
5:15 pm Tabata "Arms" -Erica	5:15 pm BOGA -Lidia	5:15 pm Hip Hop -Erica	5:15 pm Step & Abs -Lidia		8:30 am Iron Step -Wendy	
6:30 pm LaBlast -Lidia	6:30 pm Drenched -Wendy	6:30 pm Pump2Sculpt -Tatjana	6:30 pm Dance Fitness -Nesha		9:30 am Pump2Sculpt -Vina	
5/13	5/14	5/15	5/16	5/17	5/18	5/19
4:30 pm Step-30 -Christie		4:30 pm Power-30 -Vina		4:30 pm Power-30 -Vina		4 pm Yoga -Tatjana
5:15 pm Tabata Legs -Erica	5:15 pm StrongNation -Lidia	5:15 pm Hip Hop -Erica	5:15 pm DROP Set HIIT -Erica		8:30 am Step & Abs -Christie	
6:30 pm Zumba -Erica	6:30 pm Pound & Flex -Vina	6:30 pm Pump2Sculpt -Tatjana	6:30 pm BARRE -Lidia		9:30 am Pump2Sculpt -Vina	
5/20	5/21	5/22	5/23	5/24	5/25	5/26
4:30 pm Step-30 -Christie		4:30 pm Power-30 -Vina		4:30 pm Power-30 -Lidia		 MEMORIAL DAY Weekend
5:15 pm Tabata "Mix" -Erica	5:15 pm Pilates -Tatjana	5:15 pm Hip Hop -Erica	5:15 pm Step & Abs -Lidia		8:30 am Zumba -Lidia	
6:30 pm LaBlast -Lidia	6:30 pm Cardio Kettle -Wendy	6:30 pm Pump2Sculpt -Tatjana	6:30 pm Dance Fitness -Nesha		9:30 pm Pump2Sculpt -Tatjana	
5/27	5/28	5/29	5/30	5/31	6/1	6/2
		4:30 pm Power-30 -Vina		4:30 pm Power-30 -Vina		4 pm Yoga -Lidia
	5:15 pm StrongNation -Lidia	5:15 pm Hip Hop -Erica	5:15 pm DROP Set HIIT -Erica		8:30 am LaBlast -Lidia	
	6:30 pm Core & More -Lidia	6:30 pm Pump2Sculpt -Tatjana	6:30 pm BARRE -Lidia		9:30 am Pump2Sculpt -Vina	




469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



May Lidia's Group Fitness Schedule

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/29	4/30	5/1	5/2	5/3	5/4	5/5
5 am Iron Step - Wendy		5 am Circuit - Wendy	5 am Muscle Melt - Wendy			4 pm Yoga - Lidia
8:30 am Body Burnout - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Double Step - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am BARRE - Lidia	8:30 am LaBlast - Lidia	
	10 am Lidia's Light & Low - Christie		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	
5/6	5/7	5/8	5/9	5/10	5/11	5/12
5 am Cardio Kettle - Wendy		5 am Iron Step - Wendy	5 am Core & More - Wendy			 <p>Happy Mother's Day</p>
8:30 am Core & More - Tiffany	8:45 am Pump2Sculpt - Vina	8:30 am Step & Abs - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am 3 for 30 - Christine	8:30 am Iron Step - Wendy	
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Tatjana	
5/13	5/14	5/15	5/16	5/17	5/18	5/19
5 am Tabata Drills - Wendy		5 am Step Drills & Abs - Wendy	5 am Kickboxing - Wendy			4 pm Yoga - Tatjana
8:30 am HIIT - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am 20/20/20 - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am LaBlast - Lidia	8:30 am Step & Abs - Christie	
	10 am Lidia's Light & Low - Christie		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	
5/20	5/21	5/22	5/23	5/24	5/25	5/26
5 am Drenched - Wendy		5 am N10Sity - Wendy	5 am BARRE - Lidia			 <p>MEMORIAL DAY</p> <p>Weekend</p>
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Step Drills & Abs - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 pm Pound & Flex - Vina	8:30 am Zumba - Lidia	
	10 am Lidia's Light & Low - Christie		10 am Lidia's Light & Low - Sandra		9:30 pm Pump2Sculpt - Tatjana	
5/27	5/28	5/29	5/30	5/31	1-Jun	2-Jun
8:30 am Circuit - Lidia		5 am Step & Abs - Lidia	5:00 am Pump2Sculpt - Tatjana			4 pm Yoga - Lidia
	8:45 am Pump2Sculpt - Tatjana	8:30 am Iron Step & Abs - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am BARRE - Lidia	8:30 am LaBlast - Lidia	
	10 am Lidia's Light & Low - Christie		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	

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