May Lidia's Group Fitness Schedule

Evening Classes

Livening 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		4:30 pm		4:30 pm						
Power-30 - Vina		Power-30 - Vina		Power-30 - Vina						
- vina		- vina		- Vina						
5:15 pm	5:15 pm	5:15 pm	5:15 pm		8:30 am	4 pm				
Tabata Legs	Step & Abs	Hip Hop	DROP Set HIIT		LaBlast	Yoga				
- Erica	- Lidia	- Erica	- Erica		- Lidia	- Lidia				
6:30 pm	6:30 pm	6:30 pm	6:30 pm		9:30 am					
Zumba Step	Core & More	Pump2Sculpt	BARRE		Pump2Sculpt					
- Lidia	- Wendy	- Tatjana	- Lidia		- Vina					
5/6	5/7	5/8	5/9	5/10	5/11	5/12				
4:30 pm		4:30 pm		4:30 pm						
Step-30		Power-30		Power-30						
- Christie		-Vina		-Vina						
F.1 F mm	5:15 pm	5:15 pm	F.1 F mm		8:30 am					
5:15 pm Tabata "Arms"	BOGA	Hip Hop	5:15 pm Step & Abs		Iron Step					
- Erica	- Lidia	- Erica	- Lidia		- Wendy	Happy				
						Mother's				
6:30 pm	6:30 pm	6:30 pm	6:30 pm		9:30 am	Day				
LaBlast - Lidia	Drenched - Wendy	Pump2Sculpt	Dance Fitness - Ne sha		Pump2Sculpt - Vina					
	•	- Tatjana		= 44=		- // 0				
5/13	5/14	5/15	5/16	5/17	5/18	5/19				
4:30 pm		4:30 pm		4:30 pm						
Step-30 - Christie		Power-30 - Vina		Power-30 - Vina						
- Christie		- vina		- vina						
5:15 pm	5:15 pm	5:15 pm	5:15 pm		8:30 am	4 pm				
Tabata Legs	StrongNation	Hip Hop	DROP Set HIIT		Step & Abs	Yoga				
- Erica	- Lidia	- Erica	- Erica		- Christie	- Tatjana				
6:30 pm	6:30 pm	6:30 pm	6:30 pm		9:30 am					
Zumba	Pound & Flex	Pump2Sculpt	BARRE		Pump2Sculpt					
- Erica	- Vina	- Tatjana	- Lidia		- Vina					
5/20	5/21	5/22	5/23	5/24	5/25	5/26				
4:30 pm		4:30 pm		4:30 pm						
Step-30		Power-30		Power-30		\$******				
- Christie		- Vina		- Lidia		***				
5:15 pm	5:15 pm	5:15 pm	5:15 pm		8:30 am					
Tabata "Mix"	Pilates	Hip Hop	Step & Abs		Zumba	MEMORIAL DAY				
- Erica	- Tatjana	- Erica	- Lidia		- Lidia					
6:30 ****	-	6,20 ===	6,30		0.20 ****	Weekend				
6:30 pm LaBlast	6:30 pm Cardio Kettle	6:30 pm	6:30 pm Dance Fitness		9:30 pm					
- Lidia	- Wendy	Pump2Sculpt - Tatjana	- Nesha		Pump2Sculpt - Tatjana					
5/27	5/28	5/29	5/30	5/31	6/1	6/2				
5/2/	3/20		3/30		0/1	6/2				
		4:30 pm		4:30 pm						
		Power-30 - Vina		Power-30 - Vina						
***		Villa		Villa						
MEMORIAL DAY	5:15 pm	5:15 pm	5:15 pm		8:30 am	4 pm				
REMEMBER AND HONOR	StrongNation	Hip Hop	DROP Set HIIT		LaBlast	Yoga				
****	- Lidia	- Erica	- Erica		- Lidia	- Lidia				
	6:30 pm	6:30 pm	6:30 pm		9:30 am					
	Core & More	Pump2Sculpt	BARRE		Pump2Sculpt					
	- Lidia	- Tatjana	- Lidia		- Vina					

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May Lidia's Group Fitness Schedule

Morning Classes

Manday	Tuesday		Thursday	Friday	Caturday	Cundou
Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	5/3	Saturday 5/4	Sunday 5/5
5 am Iron Step - Wendy	·	5 am Circuit - Wendy	5 am Muscle Melt - Wendy			5/5
8:30 am Body Burnout - Tiffany	8:45 am Pump2Sculpt - Tatjana 10 am	8:30 am Double Step - Christie	8:45 am Pump2Sculpt - Tatjana 10 am	8:30 am BARRE - Lidia	8:30 am LaBlast - Lidia 9:30 am	4 pm Yoga - Lidia
	Lidia's Light & Low - Christie	- 4-	Lidia's Light & Low - Sandra		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			
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	Happy
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Tatjana	Mother's Day
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			
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	4 pm Yoga - Tatjana
	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			
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	MEMORIAL DAY
	10 am Lidia's Light & Low - Christie		10 am Lidia's Light & Low - Sandra		9:30 pm Pump2Sculpt - Tatjana	Weekend
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			
**** MEMORIAL DAY	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	4 pm Yoga - Lidia
REMIEMBER AND HONOR * * * *	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	

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