

# April Lidia's Group Fitness Schedule

## Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/1	4/2	4/3	4/4	4/5	4/6	4/7
4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina	8:00 - 9:30 am Instructor Jam	4 pm Yoga - Lidia
5:15 pm Tabata "Mix" - Erica	5:15 pm Dance Fitness - Nesha	5:15 pm Hip Hop - Erica	5:15 pm DROP Set HIIT - Erica			
6:30 pm Zumba - Lidia	6:30 pm N10Sity - Lidia	6:30 pm Pump2Sculpt - Tatjana	6:30 pm YOGA Sculpt - Lidia	9:30 am Pump2Sculpt - Vina		
4/8	4/9	4/10	4/11	4/12	4/13	4/14
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 "Arms" - Erica	5:15 pm BARRE - Lidia	5:15 pm Hip Hop - Erica	5:15 pm Dance Fitness - Nesha		8:30 am LaBlast - Lidia	
6:30 pm LaBlast - Lidia	6:30 pm Drenched - Wendy	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Step & Abs - Lidia		9:30 am Pump2Sculpt - Vina	
4/15	4/16	4/17	4/18	4/19	4/20	4/21
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 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 Step - Lidia	6:30 pm Pound & Flex - Vina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm YOGA Sculpt - Tatjana		9:30 am Pump2Sculpt - Vina	
4/22	4/23	4/24	4/25	4/26	4/27	4/28
4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4 pm Yoga - Tatjana
5:15 pm Tabata "Mix" - Erica	5:15 pm BARRE - Lidia	5:15 pm Hip Hop - Erica	5:15 pm HIIT - Lidia		8:30 pm Iron Step - Wendy	
6:30 pm LaBlast - Lidia	6:30 pm Cardio Kettle - Wendy	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Vina	
4/29	4/30					
4:30 pm Power-30 - Vina		<p style="text-align: center;"><b>New amazing class! - POWER-30</b></p> <p style="text-align: center;">Not enough time for a full hour class? How about this 40 min total - 30 min boost to activate your muscles and give you energy for the rest of the day!</p> <p style="text-align: center;"><b>Tripple threat: Pump - Pilates - Pound.</b></p> <p style="text-align: center;">The instrutor will alternate or fuse styles for a unique experience wanting you to come back for more!</p>				
5:15 pm Tabata Legs - Erica	5:15 pm Step & Abs - Lidia					
6:30 pm Zumba Step - Lidia	6:30 pm Core & More - Wendy					

469-601-5474 | [LidiasGroupFitness.com](http://LidiasGroupFitness.com)

9550 Helms Trail Forney, TX 75126



# April Lidia's Group Fitness Schedule

## Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/1	4/2	4/3	4/4	4/5	4/6	4/7
5 am Circuit - Wendy		5 am Step Drills & Abs - Wendy	5 am Muscle Melt - Wendy		8:00 - 9:30 am Instructor Jam	4 pm Yoga - Lidia
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Double Step - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am Pound & Flex - Vina		
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra	9:30 am Pump2Sculpt - Vina		
4/8	4/9	4/10	4/11	4/12	4/13	4/14
5 am Cardio Kettle - Wendy		5 am Iron Step - Wendy	5 am Core & More - Wendy			4 pm Yoga - Lidia
8:30 am Core & More - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Step & Abs - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am BARRE - Lidia	8:30 am LaBlast - Lidia	
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	
4/15	4/16	4/17	4/18	4/19	4/20	4/21
5 am Tabata Drills - Wendy		5 am Step Drills & Abs - Wendy	5 am Kickboxing - Wendy			4 pm Yoga - Lidia
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 3 for 30 - Christine	8:30 am Step & Abs - Christie	
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	
4/22	4/23	4/24	4/25	4/26	4/27	4/28
5 am Drenched - Wendy		5 am N10Sity - Wendy	5 am BARRE - Lidia			4 pm Yoga - Tatjana
8:30 am Tabata Drills - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Step Drills & Abs - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am LaBlast - Lidia	8:30 am Iron Step - Wendy	
	10 am Lidia's Light & Low - Christine		10 am Lidia's Light & Low - Sandra		9:30 am Pump2Sculpt - Vina	
4/29	4/30	<p style="text-align: center;"><b>New amazing class! - POWER-30</b></p> <p style="text-align: center;">Not enough time for a full hour class? How about this 40 min total - 30 min boost to activate your muscles and give you energy for the rest of the day!</p> <p style="text-align: center;"><b>Tripple threat: Pump - Pilates - Pound.</b></p> <p style="text-align: center;">The instrutor will alternate or fuse styles for a unique experience wanting you to come back for more!</p>				
5 am Iron Step - Wendy						
8:30 am Body Burnout - Tiffany	8:45 am Pump2Sculpt - Tatjana					
	10 am Lidia's Light & Low - Christine					

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