



# April Lidia's Group Fitness Schedule

## Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/30	3/31	4/1	4/2	4/3	4/4	4/5
5 am Total Titan Up - Wendy	5 am Muscle Melt - Wendy	5 am Step & Abs - Wendy	5 am Tabata Drills - Laurie	5 am Arms & Abs - Wendy		
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	8:15 am Zumba - Nina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
4/6	4/7	4/8	4/9	4/10	4/11	4/12
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Laurie	5 am Iron Step - Wendy	5 am Fitness Fusion - Wendy	5 am Legs & Abs - Laurie		4 pm Yoga - Tatjana
8:30 am Fitness Fusion - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	8:45 am Pump2Sculpt - Tatjana	8:30 am Kettle Sculpt - Christine	8:15 am Zumba - Nina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
4/13	4/14	4/15	4/16	4/17	4/18	4/19
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Kickboxing - Wendy	5 am Tabata Drills - Laurie	5 am Arms & Abs - Laurie		4 pm Yoga - Lidia
8:30 am Fitness Fusion - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	8:15 am Pump2Sculpt - Vina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Zumba - Nina	
4/20	4/21	4/22	4/23	4/24	4/25	4/26
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Laurie	5 am Drenched - Wendy	5 am Tabata Drills - Wendy	5 am Legs & Abs - Laurie		4 pm Yoga - Lidia
8:30 am SPA - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Christine	8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	8:15 am Zumba - Nina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Tatjana	
4/27	4/28	4/29	4/30			
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Step Drills - Wendy	5 am Tabata Drills - Laurie			
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	8:45 am Pump2Sculpt - Tatjana			
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Vina			



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

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# April Lidia's Group Fitness Schedule

## Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/30	3/31	4/1	4/2	4/3	4/4	4/5
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	4:30 pm Step-30 - Heidi		No Classes		 <p>Happy Easter Wishing you a Blessed and Joyful Easter Sunday!</p>
5:15 pm Tabatas - Tiffany	5:15 pm Strong Nation - Lacey	5:15 pm Zumba - Nina	5:15 pm Dance2Fit - Ashley		8:15 am Zumba - Nina	
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm BARRE - Lidia		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm TABATAS - Lacey			
4/6	4/7	4/8	4/9		4/10	
4:30 am Step-30 - Tiffany	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Tatjana
5:15 pm Tabatas - Wendy	5:15 pm N10Sity - Lidia	5:15 pm Dance2Fit - Ashley	5:15 pm TOTAL TITAN UP - Wendy		8:15 am Zumba - Nina	
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm Interval Drills - Nesha			
4/13	4/14	4/15	4/16	4/17	4/18	4/19
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Lidia
5:15 pm Tabatas - Heidi	5:15 pm Kickboxing - Lidia	5:15 pm Zumba - Nina	5:15 pm Pilates - Tatjana		8:15 am Pump2Sculpt - Vina	
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Zumba - Nina	
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm TABATAS - Lidia			
4/20	4/21	4/22	4/23	4/24	4/25	4/26
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Heidi	4:30 pm Power-30 - Wendy		No Classes		4 pm Yoga - Lidia
5:15 pm Tabatas - Tiffany	5:15 pm Step & Abs - Heidi	5:15 pm Dance2Fit - Jennifer	5:15 pm Fitness Fusion - Wendy		8:15 am Zumba - Nina	
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Tatjana	
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm Interval Drills - Nesha			
4/27	4/28	4/29	4/30			
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi				
5:15 pm Tabatas - Tiffany	5:15 pm Strong Nation - Lacey	5:15 pm Zumba - Nina	5:15 pm Dance2Fit - Ashley			
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Iron Step - Wendy			
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm TABATAS - Lacey			

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