

August Lidia's Group Fitness Schedule

Morning Classes

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

469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



August Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/27	7/28	7/29	7/30	7/31	8/1	8/2
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 Strong Nation - Lacey	5:15 pm TABATAS - Lacey	5:15 pm TOTAL TITAN UP - Wendy		8:15 am Zumba - Nina	
6:30 pm Dance2Fit - Torry	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Tatjana					
8/3	8/4	8/5	8/6	8/7	8/8	8/9
4:30 pm Step-30 - Lidia	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Lacey	5:15 pm Step & Abs - Lidia	5:15 pm TABATAS - Lacey	5:15 pm Dance2Fit - Ashley		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm BARRE - Lidia		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia						
8/10	8/11	8/12	8/13	8/14	8/15	8/16
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Tatjana
5:15 pm TABATAS - Heidi	5:15 pm Kickboxing - Lidia	5:15 pm TABATAS - Lacey	5:15 pm Pilates - Tatjana		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Tatjana					
8/17	8/18	8/19	8/20	8/21	8/22	8/23
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Tatjana
5:15 pm TABATAS - Heidi	5:15 pm N10Sity - Lidia	5:15 pm TABATAS - Lacey	5:15 pm Dance2Fit - Ashley		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Fitness Fusion - Wendy		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Wendy						
8/24	8/25	8/26	8/27	8/28	8/29	8/30
4:30 pm Step-30 - Lidia	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Toni	5:15 pm Strong Nation - Lacey	5:15 pm TABATAS - Lacey	5:15 pm TOTAL TITAN UP - Wendy		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Tatjana					

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