


July Lidia's Group Fitness Schedule

Morning Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|----------------------------------|---|
| 6/29 | 6/30 | 7/1 | 7/2 | 7/3 | 7/4 | 7/5 |
| 5 am KettleSculpt - Laurie | 5 am Muscle Melt - Wendy | 5 am Step Drills - Wendy | 5 am Fitness Fusion - Wendy | 5 am Arms & Abs - Laurie | | Happy 4th of July  |
| 8:30 am SPA - Christine | 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 - Christine | 9:30 am Dance2Fit - Ashley | 9:30 am Pump2Sculpt - Vina | |
| 7/6 | 7/7 | 7/8 | 7/9 | 7/10 | 7/11 | |
| 5 am Total Titan Up - Wendy | 5 am Muscle Melt - Wendy | 5 am Iron Step - Wendy | 5 am Tabata Drills - Laurie | 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 Floor Play - Christine | 8:15 am Pump2Sculpt - Vina | |
| 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 Zumba - Nina | |
| 7/13 | 7/14 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 |
| 5 am KettleSculpt - Laurie | 5 am Muscle Melt - Laurie | 5 am Kickboxing - Wendy | 5 am Tabata Drills - Wendy | 5 am Arms & 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 Pilates - Heidi | 8:15 am Pump2Sculpt - Vina | |
| 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 Zumba - Nina | |
| 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 |
| 5 am Total Titan Up - Wendy | 5 am Muscle Melt - Laurie | 5 am Drenched - Wendy | 5 am Tabata Drills - Laurie | 5 am Legs & Abs - Wendy | | 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 - Heidi | 9:30 am Dance2Fit - Ashley | 9:30 am Pump2Sculpt - Vina | |
| 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 | |


469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



July Lidia's Group Fitness Schedule

Evening Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|------------|----------------------------------|---|
| 6/29 | 6/30 | 7/1 | 7/2 | 7/3 | 7/4 | 7/5 |
| 4:30 pm Step-30 - Heidi | 4:30 pm Power-30 - Vina | 4:30 pm Power-30 - Heidi | | No Classes | | Happy 4th of July  |
| 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 | |
| No Class | 7:30 pm YOGA - Tatjana | | | | | |
| 7/6 | 7/7 | 7/8 | 7/9 | 7/10 | 7/11 | 7/12 |
| 4:30 pm Step-30 - Wendy | 4:30 pm Power-30 - Vina | 4:30 pm Power-30 - Heidi | | No Classes | | 4 pm Yoga - Lidia |
| 5:15 pm TABATAS - Wendy | 5:15 pm N10Sity - Lidia | 5:15 pm TABATAS - Lacey | 5:15 pm Dance2Fit - Ashley | | 8:15 am Pump2Sculpt - Vina | |
| 6:30 pm Dance Fitness - Nesha | 6:30 pm Zumba - Nina | 6:30 pm Pump2Sculpt - Tatjana | 6:30 pm Pilates - Tatjana | | 9:30 am Zumba - Nina | |
| 7:30 pm Kickboxing - Lidia | | | | | | |
| 7/13 | 7/14 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 |
| 4:30 pm Step-30 - Heidi | 4:30 pm Power-30 - Vina | 4:30 pm Power-30 - Lacey | | No Classes | | 4 pm Yoga - Lidia |
| 5:15 pm TABATAS - Heidi | 5:15 pm Kickboxing - Lacey | 5:15 pm TABATAS - Lacey | 5:15 pm BARRE - Lidia | | 8:15 am Pump2Sculpt - Vina | |
| 6:30 pm Dance Fitness - Nesha | 6:30 pm Zumba - Nina | 6:30 pm Pump2Sculpt - Tatjana | 6:30 pm Dance2Fit - Ashley | | 9:30 am Zumba - Nina | |
| 7:30 pm Kickboxing - Lidia | 7:30 pm YOGA - Tatjana | | | | | |
| 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 |
| 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 - Wendy | 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 - Lidia | | | | | | |
| 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 | | | | | |

