


# June Lidia's Group Fitness Schedule

## Morning Classes

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

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

9550 Helms Trail Forney, TX 75126



# June Lidia's Group Fitness Schedule

## Evening Classes

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

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