

March Lidia's Group Fitness Schedule

Morning Classes

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

469-601-5474 | LidiasGroupFitness.com

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March Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/2	3/3	3/4	3/5	3/6	3/7	3/8
4:30 am Step-30 - Tiffany	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Wendy		No Classes		4 pm Yoga - Lidia
5:15 pm Tabatas - Erica	5:15 pm Kickboxing - Lidia	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 Tabata Drills - Lidia/Lacey			
3/9	3/10	3/11	3/12	3/13	3/14	3/15
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 Cardio Kettle - 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			
3/16	3/17	3/18	3/19	3/20	3/21	3/22
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 Step & Abs - Heidi	5:15 pm Zumba - Lidia	5:15 pm Pilates - Tatjana		8:15 am Pump2Sculpt - Vina	
6:30 pm Kickboxing - Lacey	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Zumba - Nina	
No Class	7:30 pm YOGA - Tatjana		No Class			
3/23	3/24	3/25	3/26	3/27	3/28	3/29
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 - Tiffany	5:15 pm Strong Nation - Lacey	5:15 pm Dance2Fit - Jennifer	5:15 pm Fitness Fusion - Wendy		8:15 am Pump2Sculpt - Vina	
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Zumba - Nina	
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana		7:30 pm Interval Drills - Nesha			
3/30	3/31					
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	We ❤️ Fitness! *BINGO* Ending 3/14 Turn in your Bingo Sheets				
5:15 pm Tabatas - Tiffany	5:15 pm BARRE - Lidia					
6:30 pm Dance2Fit - Jennifer	6:30 pm Zumba - Nina					
7:30 pm Kickboxing - Lacey	7:30 pm YOGA - Tatjana					

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