




# May Lidia's Group Fitness Schedule

## Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5/1	5/2	5/3
 <p><b>Summer Special!</b>  <b>First Month \$1 - Minimum 2 month subscription  or 2 Months Only - \$75</b>  <b><u>New Members Only</u></b></p> 				No Classes	<p>8:15 am Zumba - Nina</p> <p>9:30 am Pump2Sculpt - Vina</p>	4 pm Yoga - Lidia
5/4	5/5	5/6	5/7	5/8	5/9	5/10
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Tatjana
5:15 pm Tabatas - Heidi	5:15 pm N10Sity - Lidia	5:15 pm Pump2Sculpt - Tatjana	5:15 pm TOTAL TITAN UP - Wendy		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Neshia	6:30 pm Zumba - Nina	6:30 pm Zumba - Nina	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lacey						
5/11	5/12	5/13	5/14	5/15	5/16	5/17
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 Step & Abs - Heidi	5:15 pm Tabatas - Lacey	5:15 pm Pilates - Tatjana		8:15 am Pump2Sculpt - Vina	
6:30 pm Dance Fitness - Neshia	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						
5/18	5/19	5/20	5/21	5/22	5/23	5/24
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Vina	4:30 pm Step-30 - Heidi		No Classes		4 pm Yoga - Lidia
5:15 pm Tabatas - Tiffany	5:15 pm BARRE - Lidia	5:15 pm Tabatas - Lacey	5:15 pm Fitness Fusion - Wendy		8:15 am Pump2Sculpt - Vina	
6:30 pm Dance Fitness - Neshia	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						
5/25	5/26	5/27	5/28	5/29	5/30	5/31
No Classes	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Lidia
	5:15 pm Strong Nation - Lacey	5:15 pm Tabatas - Lacey	5:15 pm Dance2Fit - Ashley		8:15 am Zumba - Nina	
	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm BARRE - Lidia		9:30 am Pump2Sculpt - Vina	

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

9550 Helms Trail Forney, TX 75126



# May Lidia's Group Fitness Schedule

## Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/27	4/28	4/29	4/30	5/1	5/2	5/3
 <p><b>Summer Special!</b>                      First Month \$1 - Minimum 2 month subscription                      or 2 Months Only - \$75  <u>New Members Only</u></p> 				5 am Arms & Abs - Laurie		4 pm Yoga - Lidia
				8:30 am Pilates - Heidi	8:15 am Zumba - Nina	
				9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
5/4	5/5	5/6	5/7	5/8	5/9	5/10
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Iron Step - Wendy	5 am Tabata Drills - Laurie	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	
5/11	5/12	5/13	5/14	5/15	5/16	5/17
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Laurie	5 am Kickboxing - Wendy	5 am Tabata Drills - Wendy	5 am Arms & Abs - Wendy		4 pm Yoga - Lidia
8:30 am Fitness Fusion - Christine	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 Pump2Sculpt - Vina	
9:30 am Dance2Fit - Ashley	10:00 am Light & Low - Tatjana	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Zumba - Nina	
5/18	5/19	5/20	5/21	5/22	5/23	5/24
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Drenched - Wendy	5 am Tabata Drills - Laurie	5 am Legs & Abs - Laurie		4 pm Yoga - Lidia
8:30 am SPA - 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	
5/25	5/26	5/27	5/28	5/29	5/30	5/31
8:30 am Instructor Choice	5 am Muscle Melt - Laurie	5 am Step Drills - Wendy	5 am Fitness Fusion - Wendy	5 am Arms & Abs - Laurie		4 pm Yoga - Lidia
	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	
	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	

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