

November Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/2	11/3	11/4	11/5	11/6	11/7	11/8
4:30 pm Step-30 - Heidi		4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Heidi	5:15 pm N10Sity - Lacey	5:15 pm Dance2Fit - Torry	5:15 pm Fitness Fusion - Wendy		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 - Tatjana	
NO CLASS	7:30 pm YOGA - Tatjana					
11/9	11/10	11/11	11/12	11/13	11/14	11/15
4:30 pm Step-30 - Wendy		4:30 pm Power-30 - Toni		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Wendy	5:15 pm Step & Abs - Lidia	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		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 - Tatjana	
7:30 pm Kickboxing - Lidia						
11/16	11/17	11/18	11/19	11/20	11/21	11/22
4:30 pm Step-30 - Heidi		4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Heidi	5:15 pm Strong Nation - Lacey	5:15 pm Dance2Fit - Torry	5:15 pm PILATES Tatjana		8:15 am ZUMBA - Lidia	
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 - Tatjana	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Tatjana					
11/23	11/24	11/25	11/26	11/27	11/28	11/29
4:30 pm Step-30 - Wendy		4:30 pm Power-30 - Toni		No Classes		4 pm Yoga - Tatjana
5:15 pm TABATAS - Wendy	5:15 pm N10SITY - Toni	5:15 pm Dance2Fit - Torry			8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Nesha	6:30 pm ZUMBA - Lidia	6:30 pm Pump2Sculpt - Tatjana			9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia						
11/30						
4:30 pm Step-30 - Heidi	<div>SAVE THE DATE!!! BE ON A LOOK OUT FOR AN RSVP</div>					
5:15 pm TABATAS - Heidi						
6:30 pm Dance Fitness - Nesha						
7:30 pm Kickboxing - Lidia						

469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



November Lidia's Group Fitness Schedule

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/2	11/3	11/4	11/5	11/6	11/7	11/8
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Laurie	5 am Kickboxing - Wendy	5 am Tabata Drills - Wendy	5 am Legs & 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 AMRAP - Ashley	9:30 am Pump2Sculpt - Tatjana	
11/9	11/10	11/11	11/12	11/13	11/14	11/15
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Step & Abs - Wendy	5 am Tabata Drills - Laurie	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 - 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 - Tiffany	9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am AMRAP - Ashley	9:30 am Pump2Sculpt - Tatjana	
11/16	11/17	11/18	11/19	11/20	11/21	11/22
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Step Drills - Wendy	5 am Tabata Drills - Wendy	5 am Legs & Abs - Laurie		4 pm Yoga - Lidia
8:30 am N10Sity - Toni	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	8:15 am ZUMBA - Lidia	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am AMRAP - Ashley	9:30 am Pump2Sculpt - Tatjana	
11/23	11/24	11/25	11/26	11/27	11/28	11/29
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Drenched - Wendy				4 pm Yoga - Tatjana
8:30 am SPA - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Toni		8:30 am TURKEY BURNER - Lidia	8:15 am Zumba - Nina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley		9:30 am AMRAP - Ashley	9:30 am Pump2Sculpt - Vina	
11/30						
5 am Total Titan Up - Wendy	<p>SAVE THE DATE!!!</p> <p>BE ON A LOOK OUT FOR AN RSVP!</p>					
8:30 am N10Sity - Toni						
9:30 am Dance2Fit - Ashley						

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