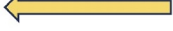


October Lidia's Group Fitness Schedule

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10/1	10/2	10/3	10/4
NEW: Introduction to Dance Tuesdays 11 am - 12 pm			5 am Tabata Drills - Laurie	5 am Arms & Abs - Laurie		LGF - sponsor for
			8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	8:15 am Zumba - Nina	
			10 am Light & Low - Vina	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
10/5	10/6	10/7	10/8	10/9	10/10	10/11
5 am Total Titan Up - Wendy	5 am Muscle Melt - Wendy	5 am Step & Abs - Wendy	5 am Tabata Drills - Wendy	5 am BARRE - Lidia		4 pm Yoga - Lidia
8:30 am Fitness Fusion - Tiffany	8:45 am Pump2Sculpt - Heidi	8:30 am Total Titan Up - Tiffany	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 Dance2Fit - Ashley	9:30 am Muscle Melt - Lidia	
	11 am Intro to Dance - Ashley					
10/12	10/13	10/14	10/15	10/16	10/17	10/18
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Kickboxing - 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 - Wendy	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 - Wendy	
	11 am Intro to Dance - Ashley					
10/19	10/20	10/21	10/22	10/23	10/24	10/25
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Drenched - Wendy	5 am Tabata Drills - Wendy	5 am Legs & Abs - Laurie		4 pm Yoga - Tatjana
8:30 am N10Sity - Toni	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 - Heidi	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Tatjana	
	11 am Intro to Dance - Ashley					
10/26	10/27	10/28	10/29	10/30	10/31	11/1
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 - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Toni	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 - Tatjana	
	11 am Intro to Dance - Ashley					

469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



October Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10/1	10/2	10/3	10/4
NEW: Introduction to Dance Tuesdays 11 am - 12 pm			5:15 pm Fitness Fusion - Wendy	No Classes	8:15 am Zumba - Nina	LGF - sponsor for 
			6:30 pm Dance2Fit - Torry		9:30 am Pump2Sculpt - Vina	
10/5	10/6	10/7	10/8	10/9	10/10	10/11
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Toni	4:30 pm Power-30 - Toni		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Heidi	5:15 pm Kickboxing - Lidia	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Neshia	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Muscle Melt - Lidia	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Lidia					
10/12	10/13	10/14	10/15	10/16	10/17	10/18
4:30 pm Step-30 - Wendy	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Wendy	5:15 pm Step Intervals - Lidia	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Neshia	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Wendy	
7:30 pm Kickboxing - Lidia						
10/19	10/20	10/21	10/22	10/23	10/24	10/25
4:30 pm Step-30 - Wendy	4:30 pm Power-30 - Toni	4:30 pm Power-30 - Toni		No Classes		4 pm Yoga - Tatjana
5:15 pm TABATAS - Toni	5:15 pm BARRE - Lidia	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Neshia	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					
10/26	10/27	10/28	10/29	10/30	10/31	11/1
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Toni				4 pm Yoga - Lidia
5:15 pm TABATAS - Heidi	5:15 pm Strong Nation - Lacey	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		8:15 am Zumba - Nina	
6:30 pm Dance Fitness - Neshia	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						

