

September Lidia's Group Fitness Schedule

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/31	9/1	9/2	9/3	9/4	9/5	9/6
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		
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal 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 - Vina	9:30 am Dance2Fit - Ashley	10 am SPLASH CLASS @ Heidi's	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
9/7	9/8	9/9	9/10	9/11	9/12	
No Class	5 am Muscle Melt - Wendy	5 am Step & Abs - Wendy	5 am Tabata Drills - Laurie	5 am Legs & Abs - Laurie		4 pm Yoga - Lidia
No Class	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	8:45 am Pump2Sculpt - Tatjana	8:30 am Pilates - Heidi	INSTRUCTOR JAM 8:30 AM - 10:30 AM	
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		
9/14	9/15	9/16	9/17	9/18	9/19	9/20
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 Fitness Fusion - Christine	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina	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	
9/21	9/22	9/23	9/24	9/25	9/26	9/27
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	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 Tototal 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 - Vina	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
9/28	9/29	9/30				
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Step Drills - Wendy	INSTRUCTOR JAM: 9/12 8:30 - 10 AM WORKOUT 10 - 10:30 PRESENTATION & SOCIAL			
8:30 am N10Sity - Toni	8:45 am Pump2Sculpt - Tatjana	8:30 am Tototal Titan Up - Vina				
9:30 am Dance2Fit - Ashley	10 am Light & Low - Heidi	9:30 am Dance2Fit - Ashley				

469-601-5474 | LidiasGroupFitness.com

9550 Helms Trail Forney, TX 75126



September Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/31	9/1	9/2	9/3	9/4	9/5	9/6
4:30 pm Step-30 - Heidi	4:30 am Power-30 - Toni	4:30 am Power-30 - Toni		No Classes		
5:15 pm TABATAS - Wendy	5:15 pm Kickboxing - Lidia	5:15 pm TABATAS - Toni	5:15 pm Fitness Fusion - Wendy		8:15 am Zumba - Nina	
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 - Vina	
7:30 pm Kickboxing - Lidia						
9/7	9/8	9/9	9/10	9/11	9/12	9/13
	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi		No Classes		4 pm Yoga - Lidia
	5:15 pm N10Sity - Wendy	5:15 pm Dance2Fit - Torry	5:15 pm TABATAS - Lacey		INSTRUCTOR JAM 8:30 AM - 10:30 AM	
	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha			
	7:30 pm YOGA - Tatjana					
9/14	9/15	9/16	9/17	9/18	9/19	9/20
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Lacey	4:30 pm Power-30 - Lacey		No Classes		4 pm Yoga - Lidia
5:15 pm TABATAS - Heidi	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 - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance2Fit - Ashley		9:30 am Pump2Sculpt - Vina	
7:30 pm Kickboxing - Lidia						
9/21	9/22	9/23	9/24	9/25	9/26	9/27
4:30 pm Step-30 - Heidi	4:30 pm Power-30 - Toni	4:30 pm Power-30 - Toni		No Classes		4 pm Yoga - Tatjana
5:15 pm TABATAS - Heidi	5:15 pm N10Sity - Lidia	5:15 pm Dance2Fit - Torry	5:15 pm BARRE - Lidia		8:15 am Zumba - Nina	
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 - Vina	
7:30 pm Kickboxing - Lidia	7:30 pm YOGA - Tatjana					
9/28	9/29	9/30				
4:30 pm Step-30 - Lidia	4:30 pm Power-30 - Vina	4:30 pm Power-30 - Heidi	INSTRUCTOR JAM: 9/12 8:30 - 10 AM : WORKOUT 10 - 10:30 AM: PRESENTATION & SOCIAL			
5:15 pm TABATAS - Toni	5:15 pm Strong Nation - Lacey	5:15 pm Dance2Fit - Torry				
6:30 pm Dance Fitness - Nesha	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana				
7:30 pm Kickboxing - Lidia						

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