March Lidia's Group Fitness Schedule

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/3	3/4	3/5	3/6	3/7	3/8	3/9
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Step Drills & Abs - Wendy	5 am Tabata Drills - Laurie	5 am Legs & Abs - Laurie	3,0	3/3
8:30 am Fitness Fusion - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am Pound & Pilates - Vina	8:15 am Total Titan Up - Pilar	4 pm Yoga - Lidia
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	
3/10	3/11	3/12	3/13	3/14	3/15	3/16
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Wendy	5 am Iron Step - Wendy	5 am Fitness Fusion - Wendy	5 am Arms & Abs - Laurie		
8:30 am N10Sity - Tiffany	8:45 am Pump2Sculpt - Tatjana	8:30 am Total Titan Up - Christie	8:45 am Pump2Sculpt - Tatjana	8:30 am Zumba Tone - Pilar	8:15 am Kickboxing - Lidia	4 pm Yoga - Lidia
9:30 am Dance2 Fit - Ashley	10 am Light & Low - Vina	9:30 am Dance2Fit - Ashley	10 am Light & Low - Vina	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
3/17	3/18	3/19	3/20	3/21	3/22	3/23
F						
5 am Total Titan Up - Wendy	5 am Muscle Melt - Laurie	5 am Drenched - Wendy	5 am Tabata Drills - Laurie	5 am Legs & Abs - Laurie		
Total Titan Up	Muscle Melt	Drenched	Tabata Drills	Legs & Abs	8:15 am Zumba - Nina	4 pm Yoga - Lidia
Total Titan Up - Wendy 8:30 am Fitness Fusion	Muscle Melt - Laurie 8:45 am Pump2Sculpt	Drenched - Wendy 8:30 am Total Titan Up	Tabata Drills - Laurie 8:45 am Pump2Sculpt	Legs & Abs - Laurie 8:30 am BARRE	Zumba	Yoga
Total Titan Up - Wendy 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit	Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low	Drenched - Wendy 8:30 am Total Titan Up - Christie 9:30 am Dance2Fit	Tabata Drills - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low	Legs & Abs - Laurie 8:30 am BARRE - Lidia 9:30 am Dance2Fit	Zumba - Nina 9:30 am Pump2Sculpt	Yoga
Total Titan Up - Wendy 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit - Ashley	Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christine	Drenched - Wendy 8:30 am Total Titan Up - Christie 9:30 am Dance2Fit - Ashley	Tabata Drills - Laurie 8:45 am Pump2 Sculpt - Tatjana 10 am Light & Low - Christie	Legs & Abs - Laurie 8:30 am BARRE - Lidia 9:30 am Dance2Fit - Ashley	Zumba - Nina 9:30 am Pump2Sculpt - Vina	Yoga - Lidia
Total Titan Up - Wendy 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit - Ashley 3/24 5 am Kettle Sculpt	Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christine 3/25 5 am Muscle Melt	Drenched - Wendy 8:30 am Total Titan Up - Christie 9:30 am Dance2Fit - Ashley 3/26 5 am Step & Abs	Tabata Drills - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christie 3/27 5 am Fitness Fusion	Legs & Abs - Laurie 8:30 am BARRE - Lidia 9:30 am Dance2Fit - Ashley 3/28 5 am Arms & Abs	Zumba - Nina 9:30 am Pump2Sculpt - Vina	Yoga - Lidia
Total Titan Up - Wendy 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit - Ashley 3/24 5 am Kettle Sculpt - Laurie 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit - Ashley	Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christine 3/25 5 am Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christine	Drenched - Wendy 8:30 am Total Titan Up - Christie 9:30 am Dance2Fit - Ashley 3/26 5 am Step & Abs - Wendy 8:30 am Total Titan Up	Tabata Drills - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christie 3/27 5 am Fitness Fusion - Wendy 8:45 am Pump2Sculpt	Legs & Abs - Laurie 8:30 am BARRE - Lidia 9:30 am Dance2Fit - Ashley 3/28 5 am Arms & Abs - Wendy 8:30 am Zumba Tone	Zumba - Nina 9:30 am Pump2Sculpt - Vina 3/29 8:15 am Total Titan Up	Yoga - Lidia 3/30 4 pm Yoga
Total Titan Up - Wendy 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit - Ashley 3/24 5 am Kettle Sculpt - Laurie 8:30 am Fitness Fusion - Tiffany 9:30 am Dance2Fit	Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christine 3/25 5 am Muscle Melt - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low	Drenched -Wendy 8:30 am Total Titan Up -Christie 9:30 am Dance2Fit -Ashley 3/26 5 am Step & Abs -Wendy 8:30 am Total Titan Up -Christie	Tabata Drills - Laurie 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low - Christie 3/27 5 am Fitness Fusion - Wendy 8:45 am Pump2Sculpt - Tatjana 10 am Light & Low	Legs & Abs - Laurie 8:30 am BARRE - Lidia 9:30 am Dance2Fit - Ashley 3/28 5 am Arms & Abs - Wendy 8:30 am Zumba Tone - Pilar 9:30 am Dance2Fit	Zumba - Nina 9:30 am Pump2Sculpt - Vina 3/29 8:15 am Total Titan Up - Pilar 9:30 am Pump2Sculpt	Yoga - Lidia 3/30 4 pm Yoga

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9:30 am Dance2Fit - Ashley

5 am

Total Titan Up
- Wendy

8:30 am N10Sity - Tiffany

March Lidia's Group Fitness Schedule

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/3	3/4	3/5	3/6	3/7	3/8	3/9
4:30 pm Step-30 - Christie		4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4 pm Yoga - Lidia
5:15 pm Tabatas - Erica	5:15 am Kickboxing - Lidia	5:15 pm Hip Hop - Erica	5:15 pm Total Titan Up - Pilar		8:15 am Total Titan Up - Pilar	
6:30 pm LaBlast - Doris	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Vina	
			7:30 pm YOGA - Tatjana			
3/10	3/11	3/12	3/13	3/14	3/15	3/16
4:30 pm Step-30 - Christie		4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4 pm Yoga - Lidia
5:15 pm Tabatas - Erica	5:15 pm N10Sity - Lidia	5:15 pm Hip Hop - Erica	5:15 pm Dance2Fit - Ashley		8:15 am Kickboxing - Lidia	
6:30 pm LaBlast - Lidia	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Cardio Kettle - Wendy		9:30 am Pump2Sculpt - Vina	
	7:30 pm YOGA - Tatjana		7:30 pm Zumba Tone - Pilar			
3/17	3/18	3/19	3/20	3/21	3/22	3/23
4:30 pm Step-30 - Christie		4:30 pm Power-30 - Vina		4:30 pm Power-30 - Vina		4 pm Yoga - Lidia
5:15 pm Tabatas - Erica	5:15 pm BARRE - Lidia	5:15 pm Hip Hop - Erica	5:15 pm Pound & Pilates - Vina		8:15 am Zumba - Nina	
6:30 pm LaBlast - Lidia	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Vina	
			7:30 pm YOGA - Tatjana			
3/24	3/25	3/26	3/27	3/28	3/29	3/30
4:30 pm Step-30 - Christie		4:30 pm Power-30 - Erica		4:30 pm Power-30 - Pilar		4 pm Yoga - Tatjana
5:15 pm Tabatas - Erica	5:15 pm Strong Nation - Lidia	5:15 pm Hip Hop - Erica	5:15 pm Fitness Fusion - Lidia		8:15 am Total Titan Up - Pilar	
6:30 pm LaBlast - Doris	6:30 pm Zumba - Nina	6:30 pm Pump2Sculpt - Tatjana	6:30 pm Dance Fitness - Nesha		9:30 am Pump2Sculpt - Erica	
	7:30 pm YOGA - Tatjana		7:30 pm Zumba Tone - Pilar			
3/31						
4:30 pm						

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Step-30 - **Christie**

5:15 pm Tabatas

- Erica 6:30 pm LaBlast - Lidia

