

# 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		4 pm Yoga - Lidia
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	
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		4 pm Yoga - Lidia
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	
9:30 am Dance2Fit - 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
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		4 pm Yoga - Lidia
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 BARRE - Lidia	8:15 am Zumba - Nina	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christie	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
3/24	3/25	3/26	3/27	3/28	3/29	3/30
5 am Kettle Sculpt - Laurie	5 am Muscle Melt - Laurie	5 am Step & Abs - Wendy	5 am Fitness Fusion - Wendy	5 am Arms & Abs - Wendy		4 pm Yoga - Tatjana
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 Zumba Tone - Pilar	8:15 am Total Titan Up - Pilar	
9:30 am Dance2Fit - Ashley	10 am Light & Low - Christine	9:30 am Dance2Fit - Ashley	10 am Light & Low - Christie	9:30 am Dance2Fit - Ashley	9:30 am Pump2Sculpt - Vina	
3/31	4/1					

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

9550 Helms Trail Forney, TX 75126



### 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	
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	
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	
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 Step-30 - Christie	<div> <div>469-601-5474   LidiasGroupFitness.com</div> <div>9550 Helms Trail Forney, TX 75126</div> <div>  </div> </div>					
5:15 pm Tabatas - Erica						
6:30 pm LaBlast - Lidia						