

		dl	dt	dc	dj	dv	db	dg
07:00 - 08:00	Sala 1		BODY PUMP					
08:00 - 08:15	XPRESS					DUET SUSPENSIO TRAINING		
08:15 - 08:30	XPRESS		ABDOMINALS					
08:15 - 09:00	Sala 1				CTC			
09:00 - 10:00	Sala 1			TONO				
09:15 - 09:30	XPRESS				ABDOMINALS			
09:30 - 10:30	Sala 1					BODY PUMP		
10:00 - 11:00	Sala 1						BODY PUMP (R)	
10:15 - 10:30	XPRESS			DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING	
11:15 - 11:30	XPRESS						ABDOMINALS	ABDOMINALS
13:30 - 14:15	Sala 1		GAP					
13:45 - 14:30	Sala 1				BODY PUMP (R)			
14:30 - 14:45	XPRESS		DUET SUSPENSIO TRAINING		ABDOMINALS			
16:00 - 16:15	XPRESS			ABDOMINALS				
17:45 - 18:30	Sala 1			BODY PUMP (R)				
18:00 - 18:15	XPRESS		ABDOMINALS			ABDOMINALS		
18:00 - 18:45	Sala 1		BODY PUMP (R)					
18:30 - 19:15	Sala 1				BODY PUMP (R)			
18:45 - 19:30	Sala 1					BODY PUMP (R)		
19:00 - 19:15	XPRESS			DUET SUSPENSIO TRAINING				
20:00 - 20:15	XPRESS				DUET SUSPENSIO TRAINING			
20:00 - 20:45	Sala 1		BODY PUMP (R)					