

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS					ABDOMINALS		
07:00 - 07:45	Virtual		CYCLING VIRTUAL			CYCLING VIRTUAL		
	Sala cycling	CYCLING						
07:00 - 08:00	Sala 1		BODY PUMP	BODY COMBAT				
07:15 - 07:30	XPRESS			ABDOMINALS				
07:15 - 08:00	Sala cycling				CYCLING			
07:30 - 08:30	Sala 40°					IOGA 40°		
08:00 - 08:15	XPRESS	ABDOMINALS			ABDOMINALS			
	Sala cycling			CYCLING				
08:00 - 08:45	Virtual					CYCLING VIRTUAL		
08:00 - 09:00	Sala 1	BODY PUMP						
08:15 - 08:30	XPRESS		DUET SUSPENSIO TRAINING			DUET SUSPENSIO TRAINING		
08:15 - 08:35	XPRESS			RADIKAL				
08:15 - 09:00	Sala 1				CTC			
	Virtual	CYCLING VIRTUAL						
08:30 - 09:00	Sala 40°					HIPOPRESIUS		
08:30 - 09:30	Sala 1		IOGA					
09:00 - 09:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
09:00 - 10:00	Sala 1			BODY PUMP				
09:15 - 09:30	XPRESS				DUET SUSPENSIO TRAINING		ABDOMINALS	ABDOMINALS
09:15 - 09:35	XPRESS	RADIKAL				RADIKAL		
09:15 - 10:00	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
09:15 - 10:15	Sala 40°			IOGA 40°	PILATES 40°			
09:30 - 10:30	Sala 1					BODY PUMP		
10:00 - 10:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
10:00 - 11:00	Sala 1	BODY COMBAT					BODY PUMP	
10:15 - 10:35	XPRESS						RADIKAL	RADIKAL
10:15 - 11:00	Sala 2			PILATES				
	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
10:15 - 11:15	Sala 2		PILATES					
10:30 - 10:50	XPRESS					FREE FIT		
10:30 - 11:15	Sala 2				ZUMBA			
10:45 - 11:00	XPRESS	ABDOMINALS	FREE FIT		FREE FIT			
11:00 - 11:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
11:15 - 11:30	XPRESS						DUET SUSPENSIO TRAINING	DUET SUSPENSIO TRAINING
	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
11:15 - 12:00	Sala cycling						CYCLING	
12:00 - 12:15	XPRESS			ABDOMINALS				
12:00 - 12:20	XPRESS		RADIKAL		RADIKAL		RADIKAL	RADIKAL

12:00 - 12:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
12:15 - 13:00	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
12:15 - 13:15	Sala 1						PILATES	
13:00 - 13:15	XPRESS						ABDOMINALS	
13:00 - 13:45	Virtual		CYCLING VIRTUAL			CYCLING VIRTUAL		
13:15 - 13:30	XPRESS					ABDOMINALS		
13:15 - 13:35	XPRESS	RADIKAL						
13:15 - 14:00	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
13:30 - 13:45	XPRESS			DUET SUSPENSIO TRAINING				
13:30 - 13:50	XPRESS				RADIKAL			
13:30 - 14:15	Sala 2		GAP					
13:45 - 14:30	Sala 1				BODY COMBAT			
14:00 - 14:20	XPRESS						RADIKAL	RADIKAL
14:00 - 14:30	Sala 40°		HIPOPRESIUS					
14:00 - 14:45	Sala 1	BODY COMBAT	BODY PUMP	BODY ATTACK		ZUMBA		
14:15 - 15:00	Sala cycling	CYCLING	CYCLING	CYCLING	CYCLING			
14:30 - 14:50	XPRESS			RADIKAL				
14:30 - 15:15	Sala 1				BODY PUMP			
14:30 - 15:30	Sala 2	IOGA	IOGA 40°					
14:45 - 15:30	Sala 1	BODY PUMP	CARDIO HIIT	PILATES				
15:00 - 15:15	XPRESS					ABDOMINALS	ABDOMINALS	
15:00 - 15:20	XPRESS		RADIKAL		RADIKAL			
15:15 - 16:00	Virtual			CYCLING VIRTUAL				
15:30 - 15:45	XPRESS			ABDOMINALS				
15:30 - 15:50	XPRESS	RADIKAL				RADIKAL		
15:30 - 16:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
16:00 - 16:45	Virtual					CYCLING VIRTUAL		
16:15 - 16:35	XPRESS	PRECISION XPRESS					RADIKAL	
16:15 - 17:00	Virtual			CYCLING VIRTUAL				
16:30 - 17:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
17:00 - 17:45	Virtual					CYCLING VIRTUAL		
17:15 - 17:30	XPRESS						ABDOMINALS	
17:15 - 18:00	Virtual			CYCLING VIRTUAL				
17:30 - 18:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
17:30 - 18:15	Sala 1	PILATES						
17:45 - 18:30	Sala 1			BODY PUMP	ZUMBA			
17:45 - 18:30	Sala 2				PILATES			
18:00 - 18:15	XPRESS		ABDOMINALS			DUET SUSPENSIO TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		RADIKAL				

18:00 - 18:45	Sala 2			BODY ATTACK			
	Virtual					CYCLING VIRTUAL	
	Sala 1		BODY PUMP			CARDIO HIIT	
18:00 - 19:00	Sala 2		IOGA				
	Virtual			CYCLING VIRTUAL			
18:15 - 19:00	Sala 2	GAP					
	Sala 1	BODY COMBAT					
18:30 - 18:45	XPRESS		FREE FIT		ABDOMINALS		
18:30 - 18:50	XPRESS					RADIKAL	
18:30 - 19:00	Sala 40º	YOGACORE 40º			YOGACORE 40º		
18:30 - 19:15	Sala 1			GAP			
	Sala cycling		CYCLING				
18:30 - 19:30	Sala 2					IOGA	
18:45 - 19:30	Sala 1				BODY PUMP	BODY PUMP	
19:00 - 19:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS	
19:00 - 19:45	Sala 1		BODY COMBAT				
	Sala cycling	CYCLING					
19:00 - 20:00	Sala 40º	IOGA 40º	IOGA 40º				
19:15 - 20:00	Sala cycling				CYCLING		
	Sala 2	CARDIO HIIT	STEP				
	Sala 1	ZUMBA					
19:15 - 20:15	Sala 40º			IOGA 40º	IOGA 40º		
19:30 - 19:45	XPRESS		DUET SUSPENSIO TRAINING		DUET SUSPENSIO TRAINING		
19:30 - 20:15	Sala cycling		CYCLING	CYCLING			
	Sala 1				BODY COMBAT		
19:45 - 20:30	Sala 1					BODY COMBAT	
20:00 - 20:20	XPRESS	RADIKAL		PRECISION XPRESS		RADIKAL	
20:00 - 20:45	Sala 1		BODY PUMP				
	Sala 2	BODY ATTACK					
20:15 - 20:30	XPRESS				ABDOMINALS		
20:15 - 21:00	Sala 1	BODY PUMP			CARDIO HIIT		
	Virtual					CYCLING VIRTUAL	
20:15 - 21:15	Sala 2		PILATES				
20:15 - 21:15	Sala 40º	IOGA 40º					
20:30 - 20:50	XPRESS		RADIKAL				
20:30 - 21:15	Sala 2			BODY COMBAT			
20:30 - 21:30	Sala 2				IOGA		
20:45 - 21:30	Virtual			CYCLING VIRTUAL			
21:00 - 21:15	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS				
21:00 - 21:45	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL				

21:15 - 21:30	XPRESS			ABDOMINALS				
21:15 - 21:35	XPRESS				RADIKAL			