

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:45	Virtual		CYCLING VIRTUAL			CYCLING VIRTUAL		
	Sala 1			CARDIO HIIT				
	Sala cycling	CYCLING						
07:00 - 08:00	Sala 1		BODY PUMP					
07:15 - 08:00	Sala cycling				CYCLING			
08:00 - 08:15	XPRESS	ABD				DUET SUSPENSION TRAINING		
08:00 - 08:20	XPRESS			RADIKAL				
08:00 - 08:45	Virtual				CYCLING VIRTUAL	CYCLING VIRTUAL		
	Sala 1			ZUMBA				
08:00 - 09:00	Sala 1	TONO						
	Sala 40°		YOGA 40°			YOGA 40°		
08:15 - 08:30	XPRESS		ABD					
08:15 - 09:00	Virtual	CYCLING VIRTUAL						
	Sala 1				CTC			
09:00 - 09:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:00 - 10:00	Sala 1			TONO				
09:15 - 09:30	XPRESS				ABD			
09:15 - 09:35	XPRESS						RADIKAL	
09:15 - 10:00	Virtual	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL
09:15 - 10:15	Sala 40°			YOGA 40°	PILATES 40°			
09:30 - 10:30	Sala 1					BODY PUMP		
10:00 - 10:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	Sala cycling							CYCLING (R)
	Sala 1	CARDIO HIIT						
10:00 - 11:00	Sala 1						BODY PUMP (R)	
10:15 - 10:30	XPRESS			DUET SUSPENSION TRAINING		ABD	DUET SUSPENSION TRAINING	
10:15 - 10:35	XPRESS		RADIKAL					RADIKAL
10:15 - 11:00	Virtual	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL
	Sala 2			PILATES				
10:15 - 11:15	Sala 2		PILATES					
10:30 - 10:50	XPRESS				RADIKAL			
10:30 - 11:15	Sala 2				ZUMBA			
11:00 - 11:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:00 - 12:00	Sala 1							PILATES
11:15 - 11:30	XPRESS			FREE FIT			ABD	ABD
11:15 - 11:35	XPRESS	RADIKAL				RADIKAL		
11:15 - 12:00	Sala cycling						CYCLING (R)	
	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
12:00 - 12:45	Virtual		CYCLING VIRTUAL	CYCLING 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 - 13:45	Virtual		CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	
13:15 - 14:00	Virtual	CYCLING VIRTUAL						CYCLING VIRTUAL
13:30 - 14:15	Sala 1		GAP					
13:45 - 14:30	Sala 2		PILATES					
	Sala 1				BODY PUMP (R)			
14:00 - 14:45	Sala 1	BODY COMBAT		BODY ATTACK		ZUMBA		
	Virtual						CYCLING VIRTUAL	
	Sala 2			ZUMBA				
14:15 - 14:35	XPRESS							RADIKAL
14:15 - 15:00	Sala cycling	CYCLING	CYCLING	CYCLING				
14:30 - 14:45	XPRESS		DIET SUSPENSION TRAINING		ABD			
14:30 - 14:50	XPRESS	RADIKAL		RADIKAL		RADIKAL		
14:30 - 15:15	Sala cycling				CYCLING			
	Sala 1		CARDIO HIIT		CARDIO HIIT			
14:30 - 15:30	Sala 40°	YOGA 40°	YOGA 40°		YOGA 40°			
14:45 - 15:30	Sala 1			PILATES				
15:00 - 15:45	Virtual						CYCLING VIRTUAL	
15:15 - 16:00	Virtual			CYCLING VIRTUAL	CYCLING VIRTUAL			
15:30 - 16:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
16:00 - 16:15	XPRESS	DIET SUSPENSION TRAINING		ABD				
16:00 - 16:20	XPRESS		RADIKAL					
16:00 - 16:45	Virtual					CYCLING VIRTUAL	CYCLING VIRTUAL	
16:15 - 17:00	Virtual			CYCLING VIRTUAL	CYCLING VIRTUAL			
16:30 - 17:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
17:00 - 17:45	Virtual					CYCLING VIRTUAL	CYCLING VIRTUAL	
17:15 - 18:00	Virtual			CYCLING VIRTUAL	CYCLING VIRTUAL			
17:30 - 18:15	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					
	Sala 1	PILATES						
17:45 - 18:30	Sala 1			BODY PUMP (R)	ZUMBA			
	Sala 2				PILATES			
18:00 - 18:15	XPRESS	ABD	ABD		FREE FIT	ABD		
18:00 - 18:20	XPRESS			RADIKAL			RADIKAL	
18:00 - 18:45	Virtual					CYCLING VIRTUAL	CYCLING VIRTUAL	
	Sala 2			BODY ATTACK				
	Sala 1		BODY PUMP (R)			PILATES		
18:00 - 19:00	Sala 2		YOGA (R)					
18:15 - 19:00	Virtual			CYCLING VIRTUAL	CYCLING VIRTUAL			
	Sala 1	BODY COMBAT						

18:30 - 19:15	Sala 2				STEP			
	Sala 1				BODY PUMP (R)			
	Sala cycling		CYCLING (R)					
18:30 - 19:30	Sala 40°					YOGA 40 (R)		
18:45 - 19:30	Sala 1			STEP		BODY PUMP (R)		
19:00 - 19:15	XPRESS		FREE FIT	DUET SUSPENSION TRAINING				
19:00 - 19:20	XPRESS	RADIKAL			RADIKAL	RADIKAL		
19:00 - 19:45	Sala cycling	CYCLING (R)		CYCLING (R)				
	Sala 1		BODY COMBAT					
19:00 - 20:00	Sala 40°	YOGA 40 (R)	YOGA 40 (R)					
	Outdoor			RUNNERS				
19:15 - 20:00	Sala 2	CARDIO HIIT						
	Sala 1	ZUMBA						
	Sala cycling				CYCLING (R)			
19:15 - 20:15	Sala 40°			YOGA 40 (R)	YOGA 40 (R)			
19:30 - 20:15	Sala cycling		CYCLING (R)					
	Sala 1				BODY COMBAT			
19:45 - 20:30	Sala 1			ZUMBA		CARDIO HIIT		
20:00 - 20:15	XPRESS	FREE FIT			DUET SUSPENSION TRAINING			
20:00 - 20:20	XPRESS		RADIKAL					
20:00 - 20:45	Sala 2	BODY ATTACK						
	Sala 1		BODY PUMP (R)					
20:00 - 21:00	Sala 40°	YOGA 40 (R)						
20:15 - 21:00	Sala 1	BODY PUMP (R)			CARDIO HIIT			
	Virtual					CYCLING VIRTUAL		
	Sala 2		PILATES					
20:15 - 21:15	Sala 2				YOGA (R)			
20:30 - 21:15	Sala 2			CARDIO HIIT				
	Virtual				CYCLING VIRTUAL			
20:45 - 21:30	Virtual			CYCLING VIRTUAL				
21:00 - 21:45	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL					