

		l	m	x	j	v	s	d
07:00 - 07:45	Virtual		CYCLING VIRTUAL			CYCLING VIRTUAL		
	Sala 1			CARDIO HIIT				
07:00 - 08:00	Sala 1		BODY PUMP					
07:15 - 08:00	Sala cycling				CYCLING			
08:00 - 08:15	XPRESS	ABDOMINALES				DUET SUSPENSIÓN TRAINING		
08:00 - 08:20	XPRESS			RADIKAL				
08:00 - 08:45	Virtual					CYCLING VIRTUAL		
	Sala 1			ZUMBA				
08:00 - 09:00	Sala 40°	YOGA 40°	YOGA 40°			YOGA 40°		
	Sala 1	TONIFICACIÓN						
08:15 - 08:30	XPRESS		ABDOMINALES					
08:15 - 09:00	Virtual	CYCLING VIRTUAL						
08:15 - 09:15	Sala 1				BODY PUMP			
08:30 - 09:30	Sala 40°				YOGA 40°			
09:00 - 09:30	Sala 40°					HIPOPRESIVOS (CURSO)		
09:00 - 09:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:00 - 10:00	Sala 1			TONIFICACIÓN				
09:15 - 09:30	XPRESS	DUET SUSPENSIÓN TRAINING			ABDOMINALES			
09:15 - 09:35	XPRESS						RADIKAL	
09:15 - 10:00	Virtual	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL
	Sala 1	CARDIO HIIT						
09:15 - 10:15	Sala 40°			YOGA 40°				
	Sala 1				PILATES			
09:30 - 10:30	Sala 1					BODY PUMP		
10:00 - 10:45	Virtual		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	Sala 1	GAP						BODY COMBAT
10:00 - 11:00	Sala 1						BODY PUMP (R)	
10:15 - 10:30	XPRESS			DUET SUSPENSIÓN TRAINING		ABDOMINALES	DUET SUSPENSIÓN TRAINING	
10:15 - 10:35	XPRESS		RADIKAL					RADIKAL
10:15 - 10:45	Sala 40°			HIPOPRESIVOS (CURSO)				
10:15 - 11:00	Virtual	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL
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						ABDOMINALES	ABDOMINALES
11:15 - 11:35	XPRESS	RADIKAL		FREE FIT		RADIKAL		

11:15 - 12:00	Sala cycling							CYCLING (R)	
	Virtual	CYCLING VIRTUAL							CYCLING VIRTUAL
11:45 - 12:05	XPRESS								RADIKAL
12:00 - 12:45	Virtual		CYCLING 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	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 1					BODY PUMP (R)			
	Sala 2		PILATES						
14:00 - 14:30	Sala 40°	HIOPRESIVOS (CURSO)	HIOPRESIVOS (CURSO)			HIOPRESIVOS (CURSO)			
	Sala 2			ZUMBA			ZUMBA		
14:00 - 14:45	Sala 1	BODY COMBAT		BODY ATTACK			BODY COMBAT		
	Virtual							CYCLING VIRTUAL	
14:00 - 15:00	Sala 40°			YOGA 40°			YOGA 40°		
14:15 - 15:00	Sala cycling	CYCLING	CYCLING	CYCLING					
14:30 - 14:45	XPRESS		DIET SUSPENSIÓN TRAINING			ABDOMINALES			
14:30 - 14:50	XPRESS	RADIKAL		RADIKAL			RADIKAL		
	Sala 1		CARDIO HIIT			BODY COMBAT			
14:30 - 15:15	Sala cycling					CYCLING			
14:30 - 15:30	Sala 40°	YOGA 40°	YOGA 40°			YOGA 40°			
14:45 - 15:30	Sala 1	BODY PUMP		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 SUSPENSIÓN TRAINING		ABDOMINALES					
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				
	Virtual	CYCLING VIRTUAL	CYCLING VIRTUAL						
17:30 - 18:15	Sala 1	PILATES					PILATES		
	Sala 1			BODY PUMP (R)	ZUMBA				
17:45 - 18:30	Sala 2				PILATES				
18:00 - 18:15	XPRESS	ABDOMINALES	ABDOMINALES						
18:00 - 18:20	XPRESS			RADIKAL	FREE FIT	ABDOMINALES	RADIKAL		

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