

		dl	dt	dc	dj	dv	db	dg
07:00 - 08:00	Sala 1	BODY PUMP		BODY PUMP				
07:15 - 07:30	Xpress	RADIKAL	ABDOMINALS	GAC 20'	ABDOMINALS	RADIKAL		
07:15 - 08:00	Cycling		CYCLING		CYCLING			
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
08:15 - 08:30	Xpress	FREE FIT	DST	ABDOMINALS	RADIKAL	ABDOMINALS		
08:15 - 09:00	Sala 1		GAP		GAP			
08:15 - 09:15	Sala 1	IOGA		PILATES				
	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08:30 - 09:30	Sala 1					BODY PUMP		
09:15 - 09:30	Xpress	ABDOMINALS	GAC 20'	RADIKAL	DST	GAC 20'	ABDOMINALS	ABDOMINALS
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 10:30	Sala 1	PILATES	GLAM DANCE	IOGA	BODY PUMP			
09:45 - 10:45	Sala 1					ZUMBA		
10:00 - 11:00	Sala 1						BODY PUMP	
10:15 - 10:30	Xpress						RADIKAL	GAC 20'
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:30 - 10:45	Xpress	DST	ABDOMINALS	FREE FIT	GAC 20'	ABDOMINALS		
10:45 - 11:45	Sala 1		BODY PUMP					
11:00 - 11:45	Sala 1	GAP						
11:00 - 12:00	Sala 1			ZUMBA		PILATES	BODY COMBAT	
	Sala 2				IOGA			
11:15 - 11:30	Xpress						FREE FIT	RADIKAL
11:15 - 12:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:00 - 12:15	Xpress	ABDOMINALS	FREE FIT	ABDOMINALS	RADIKAL	DST		
12:00 - 13:00	Sala 1						PILATES	
12:15 - 12:30	Xpress						ABDOMINALS	ABDOMINALS
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:45 - 13:45	Sala 1	ZUMBA						
13:00 - 14:00	Sala 2			IOGA				
13:15 - 14:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:15	Xpress	DST	RADIKAL	ABDOMINALS	RADIKAL	ABDOMINALS		
14:00 - 14:45	Sala 2		IOGA	PILATES				
14:15 - 15:00	Sala 1	GAP	BODY PUMP	ZUMBA	BODY COMBAT	BODY PUMP		
	Cycling	CYCLING						
14:15 - 15:15	VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
14:30 - 15:15	Cycling				CYCLING			
14:45 - 15:30	Sala 2			IOGA				
15:00 - 15:15	Xpress	ABDOMINALS	FREE FIT	DST	ABDOMINALS	FREE FIT		

15:00 - 15:45	Sala 1	BODY ATTACK	ZUMBA	GAP	BODY PUMP	PILATES		
	Sala 2	PILATES						
15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16:15 - 16:30	Xpress						GAC 20'	
16:15 - 17:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:15 - 17:30	Xpress						ABDOMINALS	
17:15 - 18:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:30 - 18:15	Sala 1	GAP		BODY PUMP	CARDIO HIIT			
	Sala 2		PILATES			PILATES		
17:45 - 18:30	Sala 2	IOGA			IOGA			
	Sala 1		ZUMBA					
18:00 - 18:15	Xpress	DST	RADIKAL	ABDOMINALS	DST	FREE FIT		
18:15 - 18:30	Xpress						RADIKAL	
	Cycling					CYCLING		
18:15 - 19:00	Sala 2		IOGA					
	Sala 1	BODY COMBAT		BODY COMBAT	BODY PUMP	CARDIO HIIT		
18:15 - 19:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
18:30 - 19:15	Sala 2	PILATES		PILATES	PILATES	CORRECIO POSTURAL		
	Sala 1		GAP					
19:00 - 19:15	Xpress	GAC 20'	FREE FIT	RADIKAL	ABDOMINALS	RADIKAL		
	Sala 1	BODY PUMP		CTC	BODY COMBAT			
19:00 - 19:45	Cycling	CYCLING		CYCLING				
	Sala 2		PILATES					
	Sala 1		BODY ATTACK			BODY PUMP		
	Cycling		CYCLING					
19:15 - 20:00	Sala 2			BODY ATTACK	IOGA	IOGA		
	OUTDOOR			RUNNERS				
19:15 - 20:15	VIRTUAL					CYCLING VIRTUAL		
19:30 - 19:45	Xpress	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS			
	Cycling				CYCLING			
19:30 - 20:15	Sala 2	CORRECIO POSTURAL						
19:45 - 20:30	Sala 1				ZUMBA			
20:00 - 20:15	Xpress	RADIKAL	ABDOMINALS	DST	RADIKAL	ABDOMINALS		
	Cycling	CYCLING		CYCLING				
20:00 - 20:45	Sala 2		BODY COMBAT		PILATES			
	Sala 1	ZUMBA		ZUMBA		BODY COMBAT		
20:15 - 21:00	Sala 1		BODY PUMP					
	Sala 2	IOGA		CORRECIO POSTURAL				
20:15 - 21:15	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL			
20:30 - 21:15	Sala 1				GAP			

20:45 - 21:00	Xpress	ABDOMINALS	DST	FREE FIT	ABDOMINALS			
20:45 - 21:30	Sala 1			BODY PUMP				
21:00 - 21:45	Sala 1	GAP	ZUMBA					
21:15 - 22:00	Sala 1				BODY ATTACK			
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			