

		l	m	x	j	v	s	d
07:00 - 08:00	Sala 1	BODY PUMP		BODY PUMP				
07:15 - 07:30	Xpress	RADIKAL	ABDOMINALES	GAP 20'	ABDOMINALES	RADIKAL		
07:15 - 08:00	Cycling		CYCLING					
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08:15 - 08:30	Xpress	FREE FIT	DST	ABDOMINALES	RADIKAL	ABDOMINALES		
08:15 - 09:00	Sala 1		GAP		GAP			
08:15 - 09:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	Sala 2	YOGA						
	Sala 1			PILATES				
09:15 - 09:30	Xpress	ABDOMINALES	GAP 20'	RADIKAL	DST	GAP 20'		
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 10:30	Sala 2			YOGA				
	Sala 1	PILATES	ZUMBA		BODY PUMP			
09:45 - 10:45	Sala 1					BODY COMBAT		
10:00 - 11:00	Sala 1						BODY PUMP	
10:15 - 10:30	Xpress						RADIKAL	GAP 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	ABDOMINALES	FREE FIT	GAP 20'	ABDOMINALES		
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	
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	ABDOMINALES	FREE FIT	ABDOMINALES	RADIKAL	DST		
12:00 - 13:00	Sala 1						PILATES	
12:15 - 12:30	Xpress						ABDOMINALES	ABDOMINALES
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
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	ABDOMINALES	RADIKAL	ABDOMINALES		
14:00 - 14:45	Sala 2		YOGA	PILATES				
14:15 - 15:00	Sala 1	GAP	BODY PUMP	ZUMBA	BODY COMBAT	BODY PUMP		
	Sala 2	PILATES						
14:15 - 15:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14:45 - 15:30	Sala 2		PILATES					
15:00 - 15:15	Xpress	ABDOMINALES	FREE FIT	DST	ABDOMINALES	FREE FIT		
15:00 - 15:45	Sala 1			GAP	BODY PUMP	PILATES		
	Sala 2	YOGA						
15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16:15 - 16:30	Xpress						GAP 20'	

16:15 - 17:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:15 - 17:30	Xpress						ABDOMINALES	
17:15 - 18:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:30 - 18:15	Sala 2		PILATES(R)			PILATES		
17:30 - 18:15	Sala 1	GAP		BODY PUMP	CARDIO HIIT			
17:45 - 18:30	Sala 2	YOGA (R)						
17:45 - 18:30	Sala 1		ZUMBA					
18:00 - 18:15	Xpress	FREE FIT	RADIKAL	ABDOMINALES	GAP 20'	RADIKAL		
18:00 - 18:45	Sala 2			PILATES				
18:15 - 18:30	Xpress						RADIKAL	
18:15 - 19:00	Sala 1	BODY COMBAT		BODY COMBAT	BODY PUMP	GAP		
18:15 - 19:00	Sala 2		YOGA (R)					
18:15 - 19:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:30 - 19:15	Sala 2	PILATES(R)			PILATES(R)	YOGA		
18:30 - 19:15	Sala 1		GAP					
18:45 - 19:30	Sala 2			CORRECCION POSTURAL (R)				
19:00 - 19:15	Xpress	GAP 20'	FREE FIT	RADIKAL	ABDOMINALES	ABDOMINALES		
19:00 - 19:45	Sala 2		PILATES(R)					
19:00 - 19:45	Sala 1	BODY PUMP						
19:00 - 19:45	Cycling	CYCLING	CYCLING					
19:15 - 20:00	Sala 1		BODY COMBAT	ZUMBA	BODY COMBAT	BODY PUMP		
19:15 - 20:00	Cycling			CYCLING				
19:15 - 20:15	Sala 2				YOGA (R)			
19:15 - 20:15	VIRTUAL					CYCLING VIRTUAL		
19:30 - 20:15	Cycling				CYCLING			
19:30 - 20:15	Sala 2	CORRECCION POSTURAL (R)		CARDIO HIIT				
20:00 - 20:15	Xpress	RADIKAL	ABDOMINALES	GAP 20'	RADIKAL			
20:00 - 20:45	Sala 1	ZUMBA		GAP	ZUMBA			
20:00 - 20:45	Cycling	CYCLING						
20:15 - 21:00	Sala 2		CARDIO HIIT					
20:15 - 21:00	Sala 2	YOGA (R)		YOGA (R)				
20:15 - 21:00	Sala 1		BODY PUMP					
20:15 - 21:15	VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
20:45 - 21:00	Xpress	ABDOMINALES	DST	FREE FIT	ABDOMINALES			
20:45 - 21:30	Sala 1			BODY PUMP	GAP			
21:00 - 21:45	Sala 1	GAP	BODY COMBAT					
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			