

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:30	XPRESS		ABDOMINALS		ABDOMINALS			
07:30 - 08:30	SALA 1	BODY PUMP						
08:30 - 08:45	XPRESS	ABDOMINALS		ABDOMINALS		DUET SUSPENSIO TRAINING		
09:15 - 09:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS				ABDOMINALS	
09:15 - 09:35	XPRESS				GAC 20'			
09:15 - 10:00	SALA 1			GAC				
09:15 - 10:15	SALA 1		BODY PUMP					
09:30 - 10:30	SALA 1				BODY PUMP			
10:00 - 11:00	SALA 1						BODY PUMP	
10:15 - 10:30	XPRESS							DUET SUSPENSIO TRAINING
10:30 - 10:45	XPRESS			DUET SUSPENSIO TRAINING	ABDOMINALS			
10:30 - 11:30	SALA 1							BODY PUMP
10:45 - 11:30	SALA 1					GAC		
11:00 - 11:15	XPRESS							ABDOMINALS
12:00 - 12:15	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS		ABDOMINALS		
12:15 - 12:30	XPRESS						ABDOMINALS	
13:00 - 13:15	XPRESS							ABDOMINALS
13:45 - 14:30	SALA 1				GAC			
14:00 - 14:45	SALA 1					BODY PUMP		
14:15 - 14:30	XPRESS		ABDOMINALS		ABDOMINALS			
14:15 - 15:00	SALA 1	BODY PUMP						
15:00 - 15:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
15:30 - 15:45	XPRESS		DUET SUSPENSIO TRAINING		ABDOMINALS			
17:00 - 17:20	XPRESS						GAC 20'	
17:30 - 18:15	SALA 1			BODY PUMP				
18:00 - 18:15	XPRESS			ABDOMINALS	DUET SUSPENSIO TRAINING			
18:00 - 18:45	SALA 1				GAC			
18:45 - 19:30	SALA 1		CTC					
19:00 - 19:15	XPRESS		ABDOMINALS	DUET SUSPENSIO TRAINING	ABDOMINALS	ABDOMINALS	ABDOMINALS	
19:00 - 19:20	XPRESS	GAC 20'						
19:00 - 19:45	SALA 1					BODY PUMP		
19:15 - 20:00	SALA 1			GAC				
19:30 - 20:15	SALA 1	BODY PUMP (R)						
20:00 - 20:15	XPRESS	ABDOMINALS						
20:00 - 20:20	XPRESS		GAC 20'					
20:15 - 21:00	SALA 1				BODY PUMP (R)			
20:30 - 21:15	SALA 1		BODY PUMP (R)					
21:00 - 21:15	XPRESS		ABDOMINALS	ABDOMINALS	ABDOMINALS			
21:00 - 21:45	SALA 1			BODY PUMP (R)				

21:15 - 22:00

SALA 1

GAC