

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:30	XPRESS		ABDOMINALS		ABDOMINALS			
07:15 - 07:35	XPRESS	FREE FIT		FREE FIT		FREE FIT		
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
07:30 - 08:30	SALA 1	BODY PUMP		IOGA				
08:00 - 08:30	CYCLING			CYCLING				
08:15 - 09:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08:30 - 08:45	XPRESS	ABDOMINALS		ABDOMINALS		DUET SUSPENSIO TRAINING		
08:30 - 08:50	XPRESS		RADIKAL		RADIKAL			
08:30 - 09:30	SALA 40°		IOGA 40°					
08:30 - 09:30	SALA 1					BODY BALANCE		
09:00 - 09:45	SALA 1			GAC				
09:00 - 10:00	SALA 40°				IOGA 40°			
09:15 - 09:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS				ABDOMINALS	ABDOMINALS
09:15 - 09:35	XPRESS			FREE FIT	FREE FIT	RADIKAL		
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:15 - 10:15	SALA 1	CORRECCIÓ POSTURAL						
09:30 - 10:30	SALA 1		BODY PUMP			ZUMBA		
10:00 - 11:00	SALA 1						BODY PUMP	
10:15 - 10:30	XPRESS							ABDOMINALS
10:15 - 10:35	XPRESS						RADIKAL	
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15 - 11:15	SALA 1			IOGA	BODY PUMP			
10:30 - 10:45	XPRESS			DUET SUSPENSIO TRAINING	ABDOMINALS	STRETCHING		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
10:30 - 11:30	SALA 1	ZUMBA	BODY BALANCE					BODY COMBAT
11:00 - 11:15	XPRESS						ABDOMINALS	
11:00 - 12:00	SALA 1					TONIFICACIÓ		
11:15 - 11:30	XPRESS							DUET SUSPENSIO TRAINING
11:15 - 11:45	CYCLING						CYCLING	
11:15 - 12:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15 - 12:15	SALA 1				PILATES			
11:30 - 12:30	SALA 1							BODY PUMP
11:45 - 12:00	XPRESS						STRETCHING	
12:15 - 12:30	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS		ABDOMINALS		
12:15 - 12:35	XPRESS		RADIKAL		RADIKAL			RADIKAL
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
13:30 - 14:00	CYCLING					CYCLING		
13:30 - 14:15	SALA 1		WOD					

13:45 - 14:30	SALA 1			BODY BALANCE	ZUMBA			
13:45 - 14:45	SALA 40º					IOGA 40 (R)		
14:00 - 14:15	XPRESS		ABDOMINALS		ABDOMINALS			
14:00 - 14:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
14:00 - 14:45	SALA 1					BODY PUMP		
14:15 - 15:00	SALA 1	BODY PUMP	BODY COMBAT					
	SALA 40º		PILATES 40 (R)					
14:15 - 15:15	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
	SALA 40º	IOGA 40 (R)						
14:30 - 15:00	CYCLING			CYCLING				
14:30 - 15:15	SALA 40º				PILATES 40 (R)			
	SALA 1				GAC			
14:30 - 15:30	SALA 40º			IOGA 40 (R)				
15:00 - 15:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
15:00 - 15:20	XPRESS		RADIKAL		RADIKAL			
15:00 - 15:30	CYCLING	CYCLING						
15:00 - 15:45	SALA 1		GAC	BODY PUMP				
15:15 - 16:15	VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:30 - 15:45	XPRESS	STRETCHING	DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING		
15:30 - 15:50	XPRESS			RADIKAL				
15:30 - 16:15	SALA 1					WOD		
16:15 - 16:35	XPRESS						RADIKAL	
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	
18:00 - 18:15	XPRESS		ABDOMINALS	ABDOMINALS	DUET SUSPENSIO TRAINING			
18:00 - 18:20	XPRESS	RADIKAL						
18:00 - 18:45	SALA 1	IOGA		BODY PUMP		BODY BALANCE		
18:15 - 18:35	XPRESS					FREE FIT	RADIKAL	
18:15 - 18:45	CYCLING					CYCLING		
18:15 - 19:00	SALA 1		BODY COMBAT		GAC			
18:15 - 19:15	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
	SALA 40º			IOGA 40 (R)				
18:45 - 19:30	SALA 40º	PILATES 40 (R)						
	SALA 1	ZUMBA		ZUMBA		BODY COMBAT		
18:45 - 19:45	SALA 40º		IOGA 40 (R)		IOGA 40 (R)			
19:00 - 19:15	XPRESS			DUET SUSPENSIO TRAINING	STRETCHING	ABDOMINALS		
19:00 - 19:20	XPRESS	FREE FIT	RADIKAL					
19:00 - 19:30	CYCLING	CYCLING		CYCLING				
19:00 - 19:45	SALA 1		CTC		BODY PUMP			

19:15 - 19:45	CYCLING		CYCLING					
19:15 - 20:15	VIRTUAL					CYCLING VIRTUAL		
19:30 - 20:15	SALA 40°					IOGA 40 (R)		
19:30 - 20:15	SALA 1	BODY PUMP (R)		GAC		BODY PUMP		
19:30 - 20:30	SALA 40°			IOGA 40 (R)				
19:45 - 20:30	SALA 1		PILATES					
19:45 - 20:45	SALA 40°	IOGA 40 (R)						
20:00 - 20:15	XPRESS	STRETCHING	DIET SUSPENSIO TRAINING					
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT	RADIKAL		
20:00 - 20:30	CYCLING	CYCLING			CYCLING			
20:00 - 20:45	SALA 1				IOGA			
20:15 - 20:45	CYCLING		CYCLING					
20:15 - 21:00	SALA 1			BODY COMBAT				
20:15 - 21:15	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
20:30 - 21:15	SALA 1	BODY COMBAT	BODY PUMP					
20:30 - 21:30	SALA 40°		IOGA 40 (R)					
20:45 - 21:30	SALA 1				BODY COMBAT			
21:00 - 21:15	XPRESS	DIET SUSPENSIO TRAINING	ABDOMINALS	STRETCHING	ABDOMINALS			
21:00 - 21:45	SALA 1			PILATES				
21:15 - 22:00	SALA 1	GAC	ZUMBA					
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			