

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
07:15 - 07:30	<b>XPRESS</b>		ABDOMINALES		ABDOMINALES			
07:30 - 08:30	<b>SALA 1</b>	BODY PUMP						
08:30 - 08:45	<b>XPRESS</b>	ABDOMINALES		ABDOMINALES		DUET SUSPENSION TRAINING		
09:15 - 09:30	<b>XPRESS</b>	DUET SUSPENSION TRAINING	ABDOMINALES				ABDOMINALES	
09:15 - 09:35	<b>XPRESS</b>				GAP 20'			
09:15 - 10:00	<b>SALA 1</b>			GAP				
09:15 - 10:15	<b>SALA 1</b>		BODY PUMP					
09:30 - 10:30	<b>SALA 1</b>				BODY PUMP			
10:00 - 11:00	<b>SALA 1</b>						BODY PUMP	
10:15 - 10:30	<b>XPRESS</b>							DUET SUSPENSION TRAINING
10:30 - 10:45	<b>XPRESS</b>			DUET SUSPENSION TRAINING	ABDOMINALES			
10:30 - 11:30	<b>SALA 1</b>							BODY PUMP
10:45 - 11:30	<b>SALA 1</b>					GAP		
11:00 - 11:15	<b>XPRESS</b>							ABDOMINALES
12:00 - 12:15	<b>XPRESS</b>	DUET SUSPENSION TRAINING		ABDOMINALES		ABDOMINALES		
12:15 - 12:30	<b>XPRESS</b>						ABDOMINALES	
13:00 - 13:15	<b>XPRESS</b>							ABDOMINALES
13:45 - 14:30	<b>SALA 1</b>				GAP			
14:00 - 14:45	<b>SALA 1</b>					BODY PUMP		
14:15 - 14:30	<b>XPRESS</b>		ABDOMINALES		ABDOMINALES			
14:15 - 15:00	<b>SALA 1</b>	BODY PUMP						
15:00 - 15:15	<b>XPRESS</b>	ABDOMINALES		ABDOMINALES		ABDOMINALES		
15:30 - 15:45	<b>XPRESS</b>		DUET SUSPENSION TRAINING		ABDOMINALES			
17:00 - 17:20	<b>XPRESS</b>						GAP 20'	
17:30 - 18:15	<b>SALA 1</b>			BODY PUMP				
18:00 - 18:15	<b>XPRESS</b>			ABDOMINALES	DUET SUSPENSION TRAINING			
18:00 - 18:45	<b>SALA 1</b>				GAP			
18:45 - 19:30	<b>SALA 1</b>		CTC					
19:00 - 19:15	<b>XPRESS</b>		ABDOMINALES	DUET SUSPENSION TRAINING	ABDOMINALES	ABDOMINALES	ABDOMINALES	
19:00 - 19:20	<b>XPRESS</b>	GAP 20'						
19:00 - 19:45	<b>SALA 1</b>					BODY PUMP		
19:15 - 20:00	<b>SALA 1</b>			GAP (R)				
19:30 - 20:15	<b>SALA 1</b>	BODY PUMP (R)						
20:00 - 20:15	<b>XPRESS</b>	ABDOMINALES						
20:00 - 20:20	<b>XPRESS</b>		GAP 20'					
20:15 - 21:00	<b>SALA 1</b>				BODY PUMP (R)			
20:30 - 21:15	<b>SALA 1</b>		BODY PUMP (R)					
21:00 - 21:15	<b>XPRESS</b>		ABDOMINALES	ABDOMINALES	ABDOMINALES			
21:00 - 21:45	<b>SALA 1</b>			BODY PUMP				

21:15 - 22:00	SALA 1	GAP						
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