

		l	m	x	j	v	s	d
07:15 - 07:30	XPRESS		ABDOMINALES		ABDOMINALES			
07:15 - 07:35	XPRESS	FREE FIT		RADIKAL		FREE FIT		
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
07:30 - 08:30	SALA 1	BODY PUMP	BODY BALANCE		BODY COMBAT			
07:45 - 08:30	CYCLING			CYCLING (R)				
08:15 - 09:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08:30 - 08:45	XPRESS	ABDOMINALES		ABDOMINALES		DUET SUSPENSION TRAINING		
08:30 - 08:50	XPRESS		RADIKAL		RADIKAL			
08:45 - 09:45	SALA 1	YOGA						
09:15 - 09:30	XPRESS	DUET SUSPENSION TRAINING	ABDOMINALES				ABDOMINALES	
09:15 - 09:35	XPRESS			FREE FIT	GAP 20'	RADIKAL		
09:15 - 10:00	SALA 1			GAP				
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
	SALA 1		BODY PUMP					
	SALA 40°				YOGA 40°			
09:30 - 10:30	SALA 1				BODY PUMP			
10:00 - 11:00	SALA 1			BODY BALANCE			BODY PUMP	
10:15 - 10:30	XPRESS							DUET SUSPENSION TRAINING
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
10:30 - 10:45	XPRESS			DUET SUSPENSION TRAINING	ABDOMINALES			
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
10:30 - 11:30	SALA 1		ZUMBA		BODY BALANCE			BODY PUMP
11:00 - 11:15	XPRESS							ABDOMINALES
11:15 - 12:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
	SALA 1						PILATES	
11:30 - 12:15	CYCLING							CYCLING
12:00 - 12:15	XPRESS	DUET SUSPENSION TRAINING		ABDOMINALES		ABDOMINALES		
12:00 - 12:20	XPRESS		RADIKAL		RADIKAL			
12:15 - 12:30	XPRESS						ABDOMINALES	
12:15 - 12:35	XPRESS							RADIKAL
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
12:45 - 13:45	SALA 1	YOGA						
13:00 - 13:15	XPRESS							ABDOMINALES
13:15 - 14:15	VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:30 - 14:15	SALA 1		WOD					
	CYCLING	CYCLING (R)						
13:45 - 14:30	SALA 40°		PILATES 40 (R)					
	SALA 1			BODY BALANCE	GAP			

14:00 - 14:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
14:15 - 14:30	XPRESS		ABDOMINALES		ABDOMINALES			
14:15 - 15:00	SALA 1	BODY PUMP						
14:15 - 15:15	SALA 40°	YOGA 40 (R)						
	VIRTUAL				CYCLING VIRTUAL		CYCLING VIRTUAL	
14:30 - 15:15	SALA 1			BODY COMBAT	ZUMBA			
	CYCLING		CYCLING (R)					
	SALA 40°				PILATES 40 (R)			
14:30 - 15:30	SALA 40°			YOGA 40 (R)				
15:00 - 15:15	XPRESS	ABDOMINALES		ABDOMINALES		ABDOMINALES		
15:00 - 15:20	XPRESS		RADIKAL		RADIKAL			
15:15 - 16:15	VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:30 - 15:45	XPRESS		DUET SUSPENSION TRAINING		ABDOMINALES			
16:00 - 16:20	XPRESS	FREE FIT		RADIKAL			RADIKAL	
16:15 - 17:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:00 - 17:20	XPRESS						GAP 20'	
17:15 - 18:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:30 - 18:15	SALA 1			BODY PUMP				
18:00 - 18:15	XPRESS			ABDOMINALES	DUET SUSPENSION TRAINING			
18:00 - 18:20	XPRESS	RADIKAL	RADIKAL			FREE FIT	RADIKAL	
18:00 - 18:45	SALA 1	BODY BALANCE	BODY COMBAT		GAP			
18:15 - 19:15	VIRTUAL				CYCLING VIRTUAL		CYCLING VIRTUAL	
	SALA 40°		YOGA 40 (R)					
	SALA 1			BODY BALANCE				
18:30 - 19:15	CYCLING	CYCLING (R)	CYCLING (R)					
18:45 - 19:30	SALA 1	BODY COMBAT	CTC		ZUMBA			
18:45 - 19:45	SALA 40°			YOGA 40 (R)				
19:00 - 19:15	XPRESS		ABDOMINALES	DUET SUSPENSION TRAINING	ABDOMINALES	ABDOMINALES	ABDOMINALES	
19:00 - 19:20	XPRESS	GAP 20'						
19:00 - 19:45	SALA 40°	PILATES 40 (R)						
19:15 - 20:00	SALA 1			GAP (R)				
19:15 - 20:15	VIRTUAL					CYCLING VIRTUAL		
19:30 - 20:15	SALA 1	BODY PUMP (R)	PILATES		YOGA			
	CYCLING				CYCLING (R)			
19:45 - 20:30	CYCLING		CYCLING (R)					
20:00 - 20:15	XPRESS	ABDOMINALES						
20:00 - 20:20	XPRESS		GAP 20'	RADIKAL	FREE FIT	RADIKAL		
20:00 - 20:45	CYCLING			CYCLING (R)				
20:00 - 21:00	SALA 40°	YOGA 40 (R)						

20:15 - 21:00	SALA 1			ZUMBA	BODY PUMP (R)			
	CYCLING	CYCLING (R)						
	SALA 40°			PILATES 40 (R)				
20:15 - 21:15	SALA 40°		YOGA 40 (R)		YOGA 40 (R)			
	VIRTUAL					CYCLING VIRTUAL		
20:30 - 21:15	SALA 1	ZUMBA	BODY PUMP (R)					
21:00 - 21:15	XPRESS		ABDOMINALES	ABDOMINALES	ABDOMINALES			
21:00 - 21:20	XPRESS	FREE FIT						
21:00 - 21:45	SALA 1			BODY PUMP	BODY COMBAT			
21:15 - 22:00	SALA 1	GAP	ZUMBA					
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			