

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS			ABDOMINALS		DUET SUSPENSIO TRAINING		
07:00 - 07:20	XPRESS		GAC 20'					
07:15 - 08:00	SALA 1			BODY PUMP				
08:15 - 08:30	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING		ABDOMINALS			
08:30 - 09:30	SALA 1		BODY PUMP					
09:30 - 09:45	XPRESS			DUET SUSPENSIO TRAINING				DUET SUSPENSIO TRAINING
09:30 - 09:50	XPRESS	GAC 20'						
09:30 - 10:15	SALA 1				GAC			
09:30 - 10:30	SALA 1	BODY PUMP						
10:00 - 11:00	SALA 1					BODY PUMP		
10:15 - 10:30	XPRESS						ABDOMINALS	
10:15 - 11:15	SALA 1						BODY PUMP	
10:30 - 10:45	XPRESS					ABDOMINALS		
10:30 - 10:50	XPRESS			GAC 20'				
11:15 - 11:30	XPRESS						DUET SUSPENSIO TRAINING	ABDOMINALS
12:15 - 12:30	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS				
12:15 - 12:35	XPRESS					GAC 20'	GAC 20'	
14:00 - 14:15	XPRESS	ABDOMINALS			DUET SUSPENSIO TRAINING	ABDOMINALS		
14:15 - 15:00	SALA 1	GAC						
15:00 - 15:15	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS				
15:00 - 15:20	XPRESS				GAC 20'			
15:00 - 15:45	SALA 1			BODY PUMP				
16:00 - 16:15	XPRESS		ABDOMINALS					
16:00 - 16:20	XPRESS					GAC 20'		
17:15 - 17:30	XPRESS						ABDOMINALS	
18:00 - 18:15	XPRESS		ABDOMINALS			DUET SUSPENSIO TRAINING		
18:15 - 19:00	SALA 1		BODY PUMP					
18:45 - 19:30	SALA 1				BODY PUMP			
19:00 - 19:15	XPRESS				DUET SUSPENSIO TRAINING			
19:00 - 19:20	XPRESS	GAC 20'						
19:30 - 20:15	SALA 1	BODY PUMP		GAC				
20:00 - 20:15	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING			ABDOMINALS		
20:00 - 20:45	SALA 1					BODY PUMP		
21:00 - 21:15	XPRESS			ABDOMINALS				
21:00 - 21:20	XPRESS				GAC 20'			
21:00 - 21:45	SALA 1		GAC					
21:15 - 22:00	SALA 1			BODY PUMP				