

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS			ABDOMINALS		DUET SUSPENSIO TRAINING		
07:00 - 07:20	XPRESS	FREE FIT	GAC 20'		RADIKAL			
07:15 - 08:00	SALA 1	BODY COMBAT		BODY PUMP	IOGA			
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08:15 - 08:30	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING		ABDOMINALS	STRETCHING		
08:15 - 08:35	XPRESS			RADIKAL				
08:15 - 09:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
08:30 - 09:15	CYCLING				CYCLING			
08:30 - 09:30	SALA 1	PILATES	BODY PUMP	ZUMBA				
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 09:45	XPRESS		STRETCHING	DUET SUSPENSIO TRAINING				DUET SUSPENSIO TRAINING
09:30 - 09:50	XPRESS	GAC 20'			FREE FIT	RADIKAL	RADIKAL	
09:30 - 10:15	SALA 1				GAC			
09:30 - 10:30	SALA 1	BODY PUMP	BODY COMBAT	PILATES				
10:00 - 11:00	SALA 1					BODY PUMP		
10:15 - 10:30	XPRESS						ABDOMINALS	
10:15 - 10:35	XPRESS							FREE FIT
10:15 - 11:15	SALA 1						BODY PUMP	
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:30 - 10:45	XPRESS				STRETCHING	ABDOMINALS		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT	GAC 20'				
10:30 - 11:30	SALA 1	ZUMBA	IOGA					
11:00 - 12:00	SALA 1					PILATES		
11:15 - 11:30	XPRESS						DUET SUSPENSIO TRAINING	ABDOMINALS
11:15 - 12:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
11:30 - 12:15	CYCLING						CYCLING	
12:15 - 12:30	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS				
12:15 - 12:35	XPRESS		RADIKAL		FREE FIT	GAC 20'	GAC 20'	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	CYCLING VIRTUAL
14:00 - 14:15	XPRESS	ABDOMINALS			DUET SUSPENSIO TRAINING	ABDOMINALS		
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
14:15 - 15:00	SALA 1	GAC	ZUMBA	CARDIO HIIT	BODY COMBAT			
14:15 - 15:15	SALA 1					IOGA		
14:15 - 15:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:00 - 15:15	XPRESS	STRETCHING	DUET SUSPENSIO TRAINING	ABDOMINALS				
15:00 - 15:20	XPRESS				GAC 20'	FREE FIT		
15:00 - 15:45	SALA 1		BODY COMBAT	BODY PUMP	PILATES			
15:00 - 16:00	SALA 1	IOGA						

15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
16:00 - 16:15	XPRESS		ABDOMINALS					
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL	GAC 20'		
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		STRETCHING	DUET SUSPENSIO TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			FREE FIT	
18:00 - 18:45	SALA 1	PILATES		ZUMBA	CARDIO HIIT			
18:15 - 19:00	CYCLING					CYCLING		
	SALA 1		BODY PUMP					
	SALA 1					IOGA		
18:15 - 19:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
18:45 - 19:30	SALA 1	ZUMBA		PILATES	BODY PUMP			
19:00 - 19:15	XPRESS			STRETCHING	DUET SUSPENSIO TRAINING			
19:00 - 19:20	XPRESS	GAC 20'	RADIKAL				RADIKAL	
19:15 - 20:00	SALA 1		BODY COMBAT				ZUMBA	
19:15 - 20:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
19:30 - 20:15	SALA 1	BODY PUMP		GAC				
19:45 - 20:30	SALA 1				BODY COMBAT			
20:00 - 20:15	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING				ABDOMINALS	
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			
	SALA 1		CARDIO HIIT				BODY PUMP	
20:00 - 20:45	CYCLING			CYCLING				
20:15 - 21:00	CYCLING	CYCLING						
	VIRTUAL		CYCLING VIRTUAL				CYCLING VIRTUAL	
20:15 - 21:15	SALA 1	IOGA						
20:30 - 21:15	SALA 1			BODY COMBAT	PILATES			
20:30 - 21:30	EXTERIOR		DUET RUNNERS					
20:45 - 21:30	CYCLING				CYCLING			
21:00 - 21:15	XPRESS			ABDOMINALS				
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT			GAC 20'		
21:00 - 21:45	SALA 1		GAC					
21:15 - 22:00	SALA 1	BODY COMBAT		BODY PUMP	ZUMBA			
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			