

		l	m	x	j	v	s	d
07:00 - 07:20	XPRESS	FREE FIT			RADIKAL			
07:15 - 08:00	SALA 1	BODY COMBAT				CARDIO HIIT		
07:15 - 08:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
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			ZUMBA		BODY COMBAT		
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 09:50	XPRESS				FREE FIT	RADIKAL	RADIKAL	
09:30 - 10:30	SALA 1		BODY COMBAT					
10:15 - 10:35	XPRESS							FREE FIT
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
10:30 - 11:30	SALA 1	ZUMBA						
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 - 12:35	XPRESS		RADIKAL		FREE FIT			RADIKAL
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:15 - 14:00	SALA 1	ZUMBA		BODY COMBAT				
13:15 - 14:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
14:15 - 15:00	SALA 1		ZUMBA	CARDIO HIIT	BODY COMBAT			
14:15 - 15:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:00 - 15:20	XPRESS					FREE FIT		
	CYCLING					CYCLING		
15:00 - 15:45	SALA 1		BODY COMBAT					
15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL			
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 - 18:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			FREE FIT	
18:00 - 18:45	SALA 1			ZUMBA	CARDIO HIIT			
18:15 - 19:00	CYCLING					CYCLING		
18:15 - 19:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
18:45 - 19:30	SALA 1	ZUMBA						
19:00 - 19:20	XPRESS		RADIKAL			RADIKAL		
19:15 - 20:00	SALA 1		BODY COMBAT			ZUMBA		
19:15 - 20:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		

19:45 - 20:30	SALA 1				BODY COMBAT			
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			
20:00 - 20:45	SALA 1		CARDIO HIIT					
	CYCLING			CYCLING				
20:15 - 21:00	CYCLING	CYCLING						
20:15 - 21:15	VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL		
20:30 - 21:15	SALA 1			BODY COMBAT				
20:30 - 21:30	EXTERIOR		DUET RUNNERS					
20:45 - 21:30	CYCLING				CYCLING			
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT					
21:15 - 22:00	SALA 1	BODY COMBAT			ZUMBA			
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			