

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS			ABDOMINALES		DUET SUSPENSÓN TRAINING		
07:00 - 07:20	XPRESS	FREE FIT	GAP 20'		RADIKAL			
09:30 - 09:45	XPRESS							DUET SUSPENSÓN TRAINING
09:30 - 09:50	XPRESS						RADIKAL	
10:15 - 10:30	XPRESS						ABDOMINALES	
10:30 - 10:45	XPRESS				DUET SUSPENSÓN TRAINING	ABDOMINALES		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT	GAP 20'				
11:15 - 11:30	XPRESS							ABDOMINALES
12:15 - 12:35	XPRESS						GAP 20'	RADIKAL
14:00 - 14:15	XPRESS	ABDOMINALES			DUET SUSPENSÓN TRAINING	ABDOMINALES		
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL				
16:00 - 16:15	XPRESS		ABDOMINALES					
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL	GAP 20'		
17:15 - 17:30	XPRESS						ABDOMINALES	
18:00 - 18:15	XPRESS		ABDOMINALES			DUET SUSPENSÓN TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT	RADIKAL			
18:15 - 18:35	XPRESS						RADIKAL	
19:00 - 19:15	XPRESS			DUET SUSPENSÓN TRAINING	DUET SUSPENSÓN TRAINING			
19:00 - 19:20	XPRESS	GAP 20'	RADIKAL			RADIKAL		
20:00 - 20:15	XPRESS	ABDOMINALES	DUET SUSPENSÓN TRAINING			ABDOMINALES		
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			
21:00 - 21:15	XPRESS			ABDOMINALES				
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT		GAP 20'			