

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS			ABDOMINALES		DUET SUSPENSIÓN TRAINING		
07:00 - 07:20	XPRESS	FREE FIT	GAP 20'		RADIKAL			
07:15 - 08:15	SALA 1			BODY PUMP				
	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
07:30 - 08:15	SALA 1					CARDIO HIIT		
	CYCLING	CYCLING						
07:30 - 08:30	SALA 1				YOGA			
08:15 - 08:30	XPRESS	ABDOMINALES	DUET SUSPENSIÓN TRAINING		ABDOMINALES	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	BODY COMBAT		
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 SUSPENSIÓN TRAINING				DUET SUSPENSIÓN TRAINING
09:30 - 09:50	XPRESS	GAP 20'			FREE FIT	RADIKAL	RADIKAL	
09:30 - 10:15	SALA 1				GAP			
09:30 - 10:30	SALA 1	BODY PUMP	BODY COMBAT	PILATES				
10:15 - 10:30	XPRESS						ABDOMINALES	
10:15 - 10:35	XPRESS							FREE FIT
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
	SALA 1						BODY PUMP	
10:30 - 10:45	XPRESS				STRETCHING	ABDOMINALES		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT	GAP 20'				
10:30 - 11:15	CYCLING				CYCLING			
10:30 - 11:30	SALA 1	ZUMBA						
11:00 - 12:00	SALA 1		YOGA			PILATES		
11:15 - 11:30	XPRESS						DUET SUSPENSIÓN TRAINING	ABDOMINALES
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 SUSPENSIÓN TRAINING		ABDOMINALES				
12:15 - 12:35	XPRESS		RADIKAL		FREE FIT	GAP 20'	GAP 20'	RADIKAL
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:00 - 13:45	SALA 1		BODY COMBAT					
13:15 - 14:00	SALA 1	ZUMBA			BODY PUMP			
13:15 - 14:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:15	XPRESS	ABDOMINALES			DUET SUSPENSIÓN TRAINING	ABDOMINALES		
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
14:00 - 14:45	SALA 1		CARDIO HIIT	BODY COMBAT				

14:15 - 15:00	SALA 1	GAP			ZUMBA		
	CYCLING					CYCLING	
14:15 - 15:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL
	SALA 1					YOGA	
14:45 - 15:30	SALA 1		BODY PUMP				
15:00 - 15:15	XPRESS	STRETCHING	DUET SUSPENSIÓN TRAINING	ABDOMINALES			
15:00 - 15:20	XPRESS				GAP 20'	FREE FIT	
15:00 - 15:45	SALA 1			PILATES			
	CYCLING			CYCLING			
15:00 - 16:00	SALA 1	YOGA					
15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:30 - 15:45	XPRESS		ABDOMINALES				
15:30 - 15:50	XPRESS	RADIKAL		FREE FIT	RADIKAL	GAP 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						ABDOMINALES
17:15 - 18:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00 - 18:15	XPRESS		ABDOMINALES		STRETCHING	DUET SUSPENSIÓN 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	SALA 1		BODY PUMP				
	CYCLING					CYCLING	
18:15 - 19:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
	SALA 1					YOGA	
18:45 - 19:30	SALA 1	ZUMBA		PILATES	BODY PUMP		
19:00 - 19:15	XPRESS			STRETCHING	DUET SUSPENSIÓN TRAINING		
19:00 - 19:20	XPRESS	GAP 20'	RADIKAL			RADIKAL	
19:15 - 20:00	CYCLING		CYCLING				
	SALA 1					ZUMBA	
19:15 - 20:15	VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	
	SALA 1		YOGA				
19:30 - 20:15	SALA 1	BODY PUMP		GAP			
19:45 - 20:30	SALA 1				BODY COMBAT		
20:00 - 20:15	XPRESS	ABDOMINALES	DUET SUSPENSIÓN TRAINING			ABDOMINALES	
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT		
20:00 - 20:45	CYCLING			CYCLING			
	SALA 1					BODY PUMP	
20:15 - 21:00	SALA 1		CARDIO HIIT				
	CYCLING	CYCLING					

20:15 - 21:15	VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL		
	SALA 1	YOGA						
20:30 - 21:15	SALA 1			BODY COMBAT	PILATES			
	CYCLING				CYCLING			
21:00 - 21:15	XPRESS			ABDOMINALES				
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT		GAP 20'			
21:00 - 21:45	SALA 1		GAP					
21:15 - 22:00	SALA 1	BODY COMBAT		BODY PUMP	ZUMBA			
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			