

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
07:00 - 08:00	SALA 1		BODY PUMP		BODY PUMP			
08:00 - 09:00	SALA 1	BODY PUMP				BODY PUMP		
08:15 - 08:30	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		ABDOMINALS		
08:15 - 09:00	SALA 1		GAP					
09:15 - 09:30	XPRESS		ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	ABDOMINALS
10:00 - 11:00	SALA 1						BODY PUMP	
10:45 - 11:45	SALA 1	BODY PUMP						
11:15 - 11:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS		DUET SUSPENSIO TRAINING
12:15 - 12:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING	
13:45 - 14:30	SALA 1	BODYPUMP (R)						
	SALA 2		GAP					
14:00 - 14:15	XPRESS		ABDOMINALS	DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING	
14:00 - 14:45	SALA 1					BODYPUMP (R)		
14:15 - 15:00	SALA 1			BODYPUMP (R)				
14:30 - 14:45	XPRESS	ABDOMINALS				ABDOMINALS		
14:30 - 14:50	XPRESS			ABDOMINALS				
14:45 - 15:30	SALA 1		BODYPUMP (R)		BODYPUMP (R)			
	SALA 2	GAP						
15:00 - 15:15	XPRESS		ABDOMINALS		ABDOMINALS		ABDOMINALS	
17:30 - 18:15	SALA 1	BODYPUMP (R)						
18:00 - 18:15	XPRESS		ABDOMINALS		ABDOMINALS	DUET SUSPENSIO TRAINING		
18:00 - 18:45	SALA 1		BODYPUMP (R)					
18:00 - 19:00	SALA 1						BODY PUMP	
	SALA 2	GAP						
18:15 - 19:00	SALA 1			GAP				
18:30 - 19:15	SALA 1				BODYPUMP (R)			
18:45 - 19:30	SALA 1					GAP		
19:00 - 19:15	XPRESS			ABDOMINALS	DUET SUSPENSIO TRAINING			
19:00 - 19:45	SALA 1	CTC						
19:15 - 20:00	SALA 2		CTC					
19:30 - 19:45	XPRESS	ABDOMINALS	ABDOMINALS		ABDOMINALS	ABDOMINALS		
20:00 - 20:15	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING		
20:00 - 20:45	SALA 1			BODYPUMP (R)				
	SALA 2			CTC				
20:15 - 21:00	SALA 1				BODYPUMP (R)	BODYPUMP (R)		
20:30 - 21:15	SALA 1		BODYPUMP (R)					
20:45 - 21:30	SALA 1	BODYPUMP (R)						
21:00 - 21:45	SALA 2	GAP						

21:15 - 21:30	XPRESS	DIET SUSPENSIO TRAINING	ABDOMINALS	DIET SUSPENSIO TRAINING				
21:15 - 22:00	SALA 1		GAP					