

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
07:00 - 07:20	XPRESS		RADIKAL		FREE FIT			
07:00 - 07:45	CYCLING					CYCLING		
07:00 - 08:00	SALA 1		BODY PUMP		BODY PUMP			
07:15 - 08:00	CYCLING	CYCLING		CYCLING				
07:15 - 08:15	SALA 40°	IOGA 40°						
	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL			
07:30 - 08:30	SALA 40°			PILATES 40°				
	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
08:00 - 09:00	SALA 1	BODY PUMP		BODY COMBAT		BODY PUMP		
08:15 - 08:30	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		ABDOMINALS		
08:15 - 08:35	XPRESS	RADIKAL			FREE FIT			
	CYCLING		CYCLING		CYCLING			
08:15 - 09:00	SALA 1		GAP					
	VIRTUAL	CYCLING VIRTUAL						
08:15 - 09:15	SALA 2	PILATES						
	SALA 40°				IOGA 40°			
08:30 - 09:30	SALA 1				ZUMBA			
	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
09:00 - 10:00	SALA 40°		IOGA 40°					
09:15 - 09:30	XPRESS		ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	ABDOMINALS
09:15 - 09:35	XPRESS	FREE FIT		RADIKAL		RADIKAL		
09:15 - 10:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
	SALA 40°			IOGA 40°				IOGA 40°
09:30 - 10:30	SALA 1		BODY COMBAT			BODY COMBAT		
09:45 - 10:45	SALA 1	ZUMBA						
	SALA 40°				PILATES 40°		IOGA 40°	
10:00 - 11:00	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
	SALA 1			BODY PUMP			BODY PUMP	ZUMBA
10:15 - 11:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
10:30 - 11:30	SALA 2		PILATES					
10:45 - 11:45	SALA 1	BODY PUMP						
	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
11:00 - 12:00	SALA 1							BODY PUMP
	SALA 40°							IOGA 40°
11:15 - 11:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS		DUET SUSPENSIO TRAINING
11:15 - 11:35	XPRESS		RADIKAL		FREE FIT		RADIKAL	
11:15 - 12:00	CYCLING						CYCLING	

11:15 - 12:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL
	SALA 1						IOGA	
12:00 - 13:00	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
12:15 - 12:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING	
12:15 - 12:35	XPRESS		RADIKAL					RADIKAL
12:15 - 13:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
12:15 - 15:35	XPRESS				FREE FIT			
13:00 - 14:00	VIRTUAL			CYCLING VIRTUAL		CYCLING VIRTUAL		
13:15 - 14:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
	SALA 2		GAP					
13:45 - 14:30	SALA 1	BODYPUMP (R)						
14:00 - 14:15	XPRESS		ABDOMINALS	DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING	
14:00 - 14:20	XPRESS	RADIKAL				RADIKAL		RADIKAL
	SALA 2	BODY ATTACK		PILATES				
14:00 - 14:45	SALA 40°					CORE 40°		
	SALA 1		ZUMBA		ZUMBA	BODYPUMP (R)		
14:00 - 15:00	SALA 40°	IOGA 40° (R)						
	SALA 2				PILATES			
14:15 - 15:00	CYCLING		CYCLING (R)	CYCLING (R)				
	SALA 1			BODYPUMP (R)				
14:15 - 15:15	VIRTUAL						CYCLING VIRTUAL	
	SALA 40°			IOGA 40° (R)				
14:30 - 14:45	XPRESS	ABDOMINALS				ABDOMINALS		
14:30 - 14:50	XPRESS		RADIKAL	ABDOMINALS	FREE FIT		FREE FIT	
	SALA 2		BODY ATTACK			ZUMBA		
14:30 - 15:15	CYCLING	CYCLING (R)			CYCLING (R)	CYCLING (R)		
	SALA 1	BODY COMBAT						
14:30 - 15:30	SALA 40°		IOGA 40° (R)		IOGA 40° (R)			
	SALA 1		BODYPUMP (R)		BODYPUMP (R)	BODY COMBAT		
14:45 - 15:30	SALA 2	GAP		ZUMBA				
15:00 - 15:15	XPRESS		ABDOMINALS		ABDOMINALS		ABDOMINALS	
15:00 - 15:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
	SALA 1			BODY COMBAT				
15:00 - 15:45	SALA 2				CARDIO HIIT			
	SALA 40°					IOGA 40° (R)		
15:00 - 16:00	VIRTUAL		CYCLING VIRTUAL					
	SALA 1	BODYPUMP (R)						
15:15 - 16:00	SALA 40°	PILATES 40°						
	SALA 2		BODY COMBAT					
15:15 - 16:15	VIRTUAL						CYCLING VIRTUAL	

15:30 - 16:15	SALA 40°			PILATES 40°			
15:30 - 16:30	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
16:00 - 17:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
16:15 - 17:15	VIRTUAL						CYCLING VIRTUAL
16:30 - 17:30	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
17:00 - 18:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
	SALA 1						BODY COMBAT
17:15 - 18:15	VIRTUAL						CYCLING VIRTUAL
17:30 - 18:15	SALA 1	BODYPUMP (R)		CTC			
17:30 - 18:30	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
17:45 - 18:30	SALA 2		BODY COMBAT				
18:00 - 18:15	XPRESS		ABDOMINALS		ABDOMINALS	DUET SUSPENSIO TRAINING	
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			RADIKAL
18:00 - 18:45	SALA 1		BODYPUMP (R)				
	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
18:00 - 19:00	SALA 40°			IOGA 40° (R)			
	SALA 1						BODY PUMP
	SALA 2	GAP					
18:15 - 19:00	SALA 1	BODY COMBAT		ZUMBA			
18:15 - 19:15	SALA 40°				IOGA 40° (R)		
	VIRTUAL						CYCLING VIRTUAL
18:30 - 19:15	SALA 2		PILATES	GAP			
	SALA 1				BODYPUMP (R)		
18:30 - 19:30	SALA 40°		IOGA 40° (R)				
	VIRTUAL					CYCLING VIRTUAL	
18:45 - 19:30	SALA 1		ZUMBA			GAP	
19:00 - 19:15	XPRESS			ABDOMINALS	DUET SUSPENSIO TRAINING		
19:00 - 19:20	XPRESS	FREE FIT	RADIKAL			FREE FIT	RADIKAL
19:00 - 19:45	SALA 1	CTC		BODY COMBAT			
	CYCLING	CYCLING (R)					
19:00 - 20:00	SALA 40°	IOGA 40° (R)					
	SALA 2	PILATES	CTC		ZUMBA	BODY COMBAT	
19:15 - 20:00	SALA 40°			PILATES 40°			
	CYCLING		CYCLING (R)		CYCLING (R)		
19:15 - 20:15	SALA 2			IOGA			
19:30 - 19:45	XPRESS	ABDOMINALS	ABDOMINALS		ABDOMINALS	ABDOMINALS	
19:30 - 19:50	XPRESS			RADIKAL			
19:30 - 20:15	SALA 1		STEP		BODY ATTACK	CARDIO HIIT	
	CYCLING					CYCLING (R)	

19:30 - 20:30	SALA 40°				IOGA 40° (R)			
	VIRTUAL			CYCLING VIRTUAL				
20:00 - 20:15	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING		
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
20:00 - 20:45	SALA 40°		PILATES 40°					
	SALA 1	ZUMBA		BODYPUMP (R)				
	CYCLING	CYCLING (R)						
	SALA 2				PILATES	PILATES		
20:00 - 21:00	SALA 40°					IOGA 40° (R)		
20:15 - 21:00	SALA 2	BODY ATTACK	CORRECCIÓ POSTURAL	CTC				
	CYCLING		CYCLING (R)		CYCLING (R)			
	SALA 1				BODYPUMP (R)	BODYPUMP (R)		
20:15 - 21:15	VIRTUAL					CYCLING VIRTUAL		
	SALA 40°	IOGA 40° (R)						
20:30 - 21:15	CYCLING			CYCLING (R)				
	SALA 1		BODYPUMP (R)					
20:45 - 21:30	SALA 1	BODYPUMP (R)		BODY ATTACK				
	SALA 2				BODY COMBAT			
21:00 - 21:45	SALA 2	GAP	BODY ATTACK	PILATES				
	SALA 1				CARDIO HIIT			
21:00 - 22:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			
21:15 - 21:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS	DUET SUSPENSIO TRAINING				
21:15 - 21:35	XPRESS				FREE FIT			
21:15 - 22:00	SALA 1		GAP					
21:15 - 22:15	VIRTUAL			CYCLING VIRTUAL				