

		l	m	x	j	v	s	d
07:00 - 07:45	SALA 1		BODY PUMP		BODY PUMP			
	CYCLING	CYCLING		CYCLING		CYCLING		
07:00 - 08:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL			
07:30 - 08:30	SALA 40°	IOGA 40°						
07:45 - 08:00	XPRESS	ABDOMINALES	RADIKAL 20'	ABDOMINALES	FREE FIT 20'	ABDOMINALES		
08:00 - 08:45	SALA 1	BODY PUMP	GAP	BODY COMBAT		BODY PUMP		
	CYCLING		CYCLING		CYCLING			
	SALA 40°			PILATES 40°				
08:00 - 09:00	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
08:30 - 09:30	SALA 1				YOGA			
08:45 - 09:00	XPRESS	RADIKAL 20'	ABDOMINALES	FREE FIT 20'	ABDOMINALES	DUET SUSPENSION TRAINING		
09:00 - 10:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	SALA 40°		IOGA 40°					
09:15 - 10:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 10:30	SALA 1					YOGA		YOGA
	SALA 40°			IOGA 40°				
10:00 - 10:45	SALA 1	CTC	BODY COMBAT	BODY PUMP			BODY PUMP	
	CYCLING							CYCLING
10:00 - 11:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	SALA 40°						IOGA 40°	
10:15 - 11:15	VIRTUAL						CYCLING VIRTUAL	
11:00 - 11:45	SALA 1	BODY PUMP	PILATES		ZUMBA			BODY PUMP
	CYCLING						CYCLING	
11:00 - 12:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	SALA 40°							IOGA 40°
11:15 - 12:15	VIRTUAL							CYCLING VIRTUAL
12:15 - 13:15	SALA 1						YOGA	
	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:15 - 14:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:45 - 14:30	SALA 1	BODYPUMP (R)						
	SALA 2		GAP	PILATES				
14:00 - 14:15	XPRESS	RADIKAL 20'	ABDOMINALES	DUET SUSPENSION TRAINING	ABDOMINALES	FREE FIT 20'		
14:00 - 14:45	SALA 2	BODY ATTACK						
	SALA 1		ZUMBA		ZUMBA	BODYPUMP (R)		
14:00 - 15:00	SALA 40°	IOGA 40° (R)						
14:15 - 15:00	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
	SALA 1			BODYPUMP (R)				
	SALA 2				PILATES			

14:15 - 15:15	SALA 40°		IOGA 40° (R)	IOGA 40° (R)				
	VIRTUAL						CYCLING VIRTUAL	
14:30 - 15:15	SALA 2		BODY ATTACK	ZUMBA				
	SALA 1	BODY COMBAT						
14:30 - 15:30	SALA 40°				IOGA 40° (R)	IOGA 40° (R)		
14:45 - 15:00	XPRESS	ABDOMINALES	RADIKAL 20'	ABDOMINALES	FREE FIT 20'	ABDOMINALES		
	SALA 2	GAP						
14:45 - 15:30	SALA 1		BODYPUMP (R)		BODYPUMP (R)	BODY COMBAT		
15:00 - 15:45	SALA 1			BODY COMBAT				
15:15 - 16:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
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	
17:30 - 18:15	SALA 1	BODYPUMP (R)						
17:45 - 18:30	SALA 2		BODY COMBAT					
18:00 - 18:15	XPRESS	RADIKAL 20'	ABDOMINALES	FREE FIT 20'	ABDOMINALES	DUET SUSPENSION TRAINING		
	SALA 1		BODYPUMP (R)	GAP				
18:00 - 18:45	SALA 2				CARDIO HIIT			
18:00 - 19:00	SALA 40°			IOGA 40° (R)				
	SALA 1	BODY COMBAT						
18:15 - 19:00	SALA 2	GAP		ZUMBA				
	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:15 - 19:15	SALA 40°				IOGA 40° (R)			
	SALA 1				BODYPUMP (R)	GAP		
18:30 - 19:15	SALA 2		PILATES					
18:30 - 19:30	SALA 40°		IOGA 40° (R)					
	CYCLING			CYCLING				
18:45 - 19:30	SALA 1		ZUMBA					
19:00 - 19:15	XPRESS	ABDOMINALES	RADIKAL 20'	ABDOMINALES	DUET SUSPENSION TRAINING	FREE FIT 20'		
	CYCLING	CYCLING			CYCLING			
19:00 - 19:45	SALA 1	CTC		BODY COMBAT				
19:00 - 20:00	SALA 40°	IOGA 40° (R)						
	SALA 2	PILATES (R)	CTC	YOGA	ZUMBA			
19:15 - 20:00	SALA 1					BODY COMBAT		
	CYCLING		CYCLING					
	CYCLING					CYCLING		
19:30 - 20:15	SALA 1		STEP		BODY ATTACK			
19:30 - 20:30	SALA 40°				IOGA 40° (R)			
20:00 - 20:15	XPRESS	RADIKAL 20'	DUET SUSPENSION TRAINING	FREE FIT 20'	ABDOMINALES			

20:00 - 20:45	SALA 1	ZUMBA		BODYPUMP (R)				
	CYCLING	CYCLING						
	SALA 40º		PILATES 40º					
20:00 - 21:00	SALA 2				PILATES	PILATES		
	SALA 40º					IOGA 40º (R)		
20:15 - 21:00	SALA 1				BODYPUMP (R)	BODYPUMP (R)		
	CYCLING		CYCLING		CYCLING			
	SALA 2	BODY ATTACK	CORRECCIÓN POSTURAL	CTC				
20:15 - 21:15	SALA 40º	IOGA 40º (R)						
20:30 - 21:15	CYCLING			CYCLING				
	SALA 1		BODYPUMP (R)					
20:45 - 21:30	SALA 2				BODY COMBAT			
	SALA 1			BODY ATTACK				
21:00 - 21:45	SALA 2		BODY ATTACK	PILATES				
	SALA 1	BODYPUMP (R)						
21:15 - 22:00	SALA 1		GAP					
21:15 - 22:15	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			