

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	ABD	DIET SUSPENSION TRAINING		ABD			
		DIET SUSPENSION TRAINING						
07:00 - 08:00	LIVE	BODYPUMP						
08:00 - 08:15	XPRESS	ABD	ABD					
09:00 - 09:15	XPRESS		ABD		ABD	ABD		
09:00 - 10:00	LIVE			BODYPUMP	BODYPUMP			
09:15 - 09:30	XPRESS						DIET SUSPENSION TRAINING	DIET SUSPENSION TRAINING
09:30 - 10:30	LIVE					BODYPUMP		
10:15 - 11:15	LIVE						BODYPUMP	
10:45 - 11:00	XPRESS	ABD		ABD		DIET SUSPENSION TRAINING		
11:00 - 12:00	LIVE				GAP			
11:15 - 12:00	SALA 40°		GAP 40°					
12:00 - 12:15	XPRESS	DIET SUSPENSION TRAINING		DIET SUSPENSION TRAINING	ABD			
12:15 - 12:30	XPRESS						ABD	ABD
13:00 - 13:15	XPRESS					DIET SUSPENSION TRAINING		
14:00 - 14:15	XPRESS		ABD					
14:00 - 14:30	XPRESS			ABD				
14:00 - 14:45	LIVE	BODYPUMP						
14:15 - 15:00	LIVE		GAP			BODYPUMP		
14:30 - 14:45	XPRESS	ABD			ABD			
14:45 - 15:30	LIVE				BODYPUMP			
15:00 - 15:15	XPRESS					ABD		
15:00 - 15:45	XPRESS				ABD			
16:15 - 16:30	XPRESS						ABD	
17:45 - 18:30	LIVE		BODYPUMP					
18:00 - 18:15	XPRESS	DIET SUSPENSION TRAINING	DIET SUSPENSION TRAINING			ABD		
18:00 - 18:30	XPRESS			ABD				
18:30 - 19:15	LIVE	CTC						
18:45 - 19:30	LIVE				BODYPUMP			
19:00 - 19:15	XPRESS	ABD						
19:15 - 20:00	LIVE		CTC			GAP		
20:00 - 20:15	XPRESS		ABD	ABD	ABD			
20:00 - 20:45	LIVE	BODYPUMP						
20:30 - 21:15	LIVE			BODYPUMP				
20:45 - 21:30	LIVE		GAP					
21:00 - 21:15	XPRESS	DIET SUSPENSION TRAINING	ABD		ABD	DIET SUSPENSION TRAINING		