

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	ABD	DIET SUSPENSION TRAINING	FREE FIT	ABD	RADIKAL		
07:00 - 07:45	CYCLING			CYCLING				
07:00 - 08:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
08:00 - 08:15	XPRESS	ABD	ABD	FREE FIT	RADIKAL	RADIKAL		
08:00 - 09:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
	LIVE	BODYPUMP						
09:00 - 09:15	XPRESS	FREE FIT	ABD	RADIKAL	ABD	ABD		
	LIVE			BODYPUMP				
09:00 - 10:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 09:30	XPRESS						DIET SUSPENSION TRAINING	DIET SUSPENSION TRAINING
	LIVE	ZUMBA						
09:15 - 10:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 10:30	SALA 40°	IOGA 40°				IOGA 40°		
09:45 - 10:45	SALA 40°				IOGA 40°			
	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:00 - 11:00	LIVE		IOGA					
10:15 - 10:30	XPRESS						RADIKAL	RADIKAL
	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:15 - 11:15	LIVE						BODYPUMP	
10:45 - 11:00	XPRESS	ABD	RADIKAL	ABD	RADIKAL	DIET SUSPENSION TRAINING		
11:00 - 12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15 - 11:30	XPRESS						FREE FIT	FREE FIT
11:15 - 12:15	CYCLING							CYCLING VIRTUAL
11:30 - 12:15	CYCLING						CYCLING	
12:00 - 12:15	XPRESS	DIET SUSPENSION TRAINING	FREE FIT	DIET SUSPENSION TRAINING	ABD	RADIKAL		
12:00 - 13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 12:30	XPRESS						ABD	ABD
12:15 - 13:15	CYCLING							CYCLING VIRTUAL
12:30 - 13:30	CYCLING						CYCLING VIRTUAL	
13:00 - 14:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15 - 14:15	CYCLING							CYCLING VIRTUAL
13:30 - 14:30	CYCLING						CYCLING VIRTUAL	
14:00 - 14:15	XPRESS	FREE FIT	ABD	RADIKAL	FREE FIT	DIET SUSPENSION TRAINING		
14:00 - 15:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14:15 - 15:00	LIVE	BODYPUMP	GAP			BODYPUMP		
14:15 - 15:15	SALA 40°			IOGA 40°				
14:30 - 14:45	XPRESS	ABD	RADIKAL	ABD	ABD	RADIKAL		
14:30 - 15:30	CYCLING						CYCLING VIRTUAL	
15:00 - 15:15	XPRESS	RADIKAL	RADIKAL	FREE FIT	ABD	ABD		

15:00 - 16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
15:30 - 16:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
16:00 - 17:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
16:15 - 16:30	XPRESS						ABD	
16:30 - 17:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
17:00 - 18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
17:15 - 17:30	XPRESS						RADIKAL	
17:30 - 18:15	LIVE					CARDIO HIIT		
17:30 - 18:30	LIVE	IOGA						
	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
17:45 - 18:30	LIVE		BODYPUMP					
18:00 - 18:15	XPRESS	RADIKAL	DIET SUSPENSION TRAINING	ABD	RADIKAL	ABD		
18:00 - 18:45	LIVE				PILATES			
18:00 - 19:00	CYCLING	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		
18:15 - 18:30	XPRESS						FREE FIT	
18:15 - 18:45	SALA 40°					CORE 40°		
18:30 - 19:15	LIVE	CTC	PILATES					
18:30 - 19:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
18:45 - 19:30	LIVE			ZUMBA		GAP		
19:00 - 19:15	XPRESS	ABD	RADIKAL	RADIKAL	FREE FIT	RADIKAL		
19:00 - 20:00	CYCLING					CYCLING VIRTUAL		
	SALA 40°				IOGA 40°			
19:15 - 20:00	LIVE	BODYCOMBAT	CTC					
19:15 - 20:15	SALA 40°			IOGA 40°				
19:30 - 20:15	LIVE			BODYCOMBAT	BODYPUMP			
	CYCLING	CYCLING	CYCLING					
20:00 - 20:15	XPRESS	FREE FIT	ABD	ABD	ABD	DIET SUSPENSION TRAINING		
20:00 - 20:45	LIVE		ZUMBA					
20:00 - 21:00	CYCLING					CYCLING VIRTUAL		
20:15 - 21:00	LIVE	BODYPUMP		BODYPUMP	BODYCOMBAT			
20:30 - 21:30	CYCLING				CYCLING VIRTUAL			
21:00 - 21:15	XPRESS	DIET SUSPENSION TRAINING	ABD	RADIKAL	ABD			
21:00 - 22:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				