

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS			FREE FIT		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			FREE FIT	RADIKAL	RADIKAL		
08:00 - 09:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
09:00 - 09:15	XPRESS	FREE FIT		RADIKAL				
09:00 - 10:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 10:00	LIVE		BODYCOMBAT					
09:15 - 10:15	LIVE	ZUMBA						
	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:00 - 11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	LIVE			ZUMBA				
10:15 - 10:30	XPRESS						RADIKAL	RADIKAL
10:15 - 11:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:45 - 11:00	XPRESS		RADIKAL		RADIKAL			
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		FREE FIT			RADIKAL		
12:00 - 13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
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		RADIKAL	FREE FIT			
14:00 - 14:45	LIVE				BODYCOMBAT			
14:00 - 15:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14:15 - 15:00	LIVE			ZUMBA				
14:30 - 14:45	XPRESS		RADIKAL			RADIKAL		
14:30 - 15:30	CYCLING						CYCLING VIRTUAL	
14:45 - 15:30	LIVE	BODYCOMBAT						
15:00 - 15:15	XPRESS	RADIKAL	RADIKAL	FREE FIT				
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		
16:30 - 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					ZUMBA		
17:30 - 18:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
18:00 - 18:15	XPRESS	RADIKAL			RADIKAL			
18:00 - 19:00	CYCLING	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		
18:15 - 18:30	XPRESS						FREE FIT	
18:15 - 19:00	LIVE			STEP				
18:30 - 19:30	CYCLING			CYCLING VIRTUAL	RUNNERS		CYCLING VIRTUAL	
	LIVE				ZUMBA			
18:45 - 19:30	CYCLING		CYCLING					
19:00 - 19:15	XPRESS		RADIKAL	RADIKAL	FREE FIT	RADIKAL		
19:00 - 19:45	LIVE			ZUMBA				
19:00 - 20:00	CYCLING					CYCLING VIRTUAL		
19:15 - 20:00	LIVE	BODYCOMBAT						
19:30 - 20:15	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
19:45 - 20:30	LIVE			BODYCOMBAT				
20:00 - 20:15	XPRESS	FREE FIT						
20:00 - 20:45	LIVE		ZUMBA					
20:00 - 21:00	CYCLING					CYCLING VIRTUAL		
20:15 - 21:00	LIVE				BODYCOMBAT			
20:30 - 21:30	CYCLING				CYCLING VIRTUAL			
21:00 - 21:15	XPRESS			RADIKAL				
21:00 - 21:45	LIVE	CARDIO HIIT						
21:00 - 22:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				