

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS	ABDOMINALES	DIET SUSPENSION TRAINING		ABDOMINALES			
07:00 - 08:00	LIVE	BODYPUMP						
08:00 - 08:15	XPRESS	ABDOMINALES	ABDOMINALES					
09:00 - 09:15	XPRESS		ABDOMINALES		ABDOMINALES	ABDOMINALES		
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	ABDOMINALES		ABDOMINALES		DIET SUSPENSION TRAINING		
11:00 - 11:45	LIVE				GAP			
11:15 - 12:00	SALA 40°		GAP 40°					
12:00 - 12:15	XPRESS	DIET SUSPENSION TRAINING		DIET SUSPENSION TRAINING	ABDOMINALES			
12:15 - 12:30	XPRESS						ABDOMINALES	ABDOMINALES
14:00 - 14:15	XPRESS		ABDOMINALES			DIET SUSPENSION TRAINING		
14:00 - 14:45	LIVE	BODYPUMP						
14:15 - 15:00	LIVE		GAP			BODYPUMP		
14:30 - 14:45	XPRESS	ABDOMINALES		ABDOMINALES	ABDOMINALES			
14:45 - 15:30	LIVE				BODYPUMP			
15:00 - 15:15	XPRESS				ABDOMINALES	ABDOMINALES		
16:15 - 16:30	XPRESS						ABDOMINALES	
17:45 - 18:30	LIVE		BODYPUMP					
18:00 - 18:15	XPRESS		DIET SUSPENSION TRAINING	ABDOMINALES		ABDOMINALES		
18:30 - 19:15	LIVE	CTC						
18:45 - 19:30	LIVE					GAP		
19:00 - 19:15	XPRESS	ABDOMINALES						
19:15 - 20:00	LIVE		CTC					
19:30 - 20:15	LIVE				BODYPUMP			
20:00 - 20:15	XPRESS		ABDOMINALES	ABDOMINALES	ABDOMINALES	DIET SUSPENSION TRAINING		
20:15 - 21:00	LIVE	BODYPUMP						
20:30 - 21:15	LIVE			BODYPUMP				
20:45 - 21:30	LIVE		GAP					
21:00 - 21:15	XPRESS	DIET SUSPENSION TRAINING	ABDOMINALES		ABDOMINALES			
21:00 - 21:45	LIVE				GAP			