

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
07:00 - 07:15	<b>XPRESS</b>	<b>ABDOMINALES</b>	DIET SUSPENSION TRAINING	<b>FREE FIT</b>	<b>ABDOMINALES</b>	<b>RADIKAL</b>		
07:00 - 07:45	<b>CYCLING</b>			<b>CYCLING</b>				
07:00 - 08:00	<b>LIVE</b>	<b>BODYPUMP</b>						
	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		
08:00 - 08:45	<b>LIVE</b>			<b>CTC</b>				
08:00 - 09:00	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		<b>CYCLING VIRTUAL</b>		
08:15 - 09:00	<b>CYCLING</b>				<b>CYCLING</b>			
08:15 - 09:15	<b>LIVE</b>	<b>PILATES</b>						
08:30 - 09:30	<b>LIVE</b>					<b>BODYCOMBAT</b>		
08:45 - 09:45	<b>LIVE</b>			<b>PILATES</b>				
09:00 - 09:15	<b>XPRESS</b>	<b>FREE FIT</b>	<b>ABDOMINALES</b>	<b>RADIKAL</b>	<b>ABDOMINALES</b>	<b>ABDOMINALES</b>		
	<b>LIVE</b>				<b>ABDOMINALES</b>			
	<b>LIVE</b>				<b>BODYPUMP</b>			
09:00 - 10:00	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>		<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		
09:15 - 09:30	<b>XPRESS</b>						DIET SUSPENSION TRAINING	DIET SUSPENSION TRAINING
09:15 - 09:45	<b>SALA 40°</b>				<b>HIPOPRESIVOS</b>			
	<b>LIVE</b>	<b>ZUMBA</b>						
09:15 - 10:15	<b>CYCLING</b>						<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>
09:30 - 10:15	<b>CYCLING</b>		<b>CYCLING</b>					
	<b>LIVE</b>					<b>BODYPUMP</b>		
09:30 - 10:30	<b>SALA 40°</b>	<b>IOGA 40°</b>				<b>IOGA 40°</b>		
09:45 - 10:45	<b>SALA 40°</b>				<b>IOGA 40°</b>			
	<b>LIVE</b>		<b>IOGA</b>	<b>ZUMBA</b>			<b>BODYPUMP</b>	<b>IOGA</b>
10:00 - 11:00	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>		<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		
10:15 - 10:30	<b>XPRESS</b>						<b>RADIKAL</b>	<b>RADIKAL</b>
10:15 - 11:15	<b>CYCLING</b>						<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>
10:30 - 11:00	<b>SALA 40°</b>	<b>HIPOPRESIVOS</b>				<b>HIPOPRESIVOS</b>		
10:30 - 11:15	<b>LIVE</b>					<b>CARDIO HIIT</b>		
10:45 - 11:00	<b>XPRESS</b>	<b>ABDOMINALES</b>	<b>RADIKAL</b>	<b>ABDOMINALES</b>	<b>RADIKAL</b>	DIET SUSPENSION TRAINING		
11:00 - 11:30	<b>LIVE</b>						<b>CARDIO HIIT</b>	
	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		
11:00 - 12:00	<b>LIVE</b>				<b>ZUMBA</b>			
11:15 - 11:30	<b>XPRESS</b>						<b>FREE FIT</b>	<b>FREE FIT</b>
11:15 - 12:00	<b>SALA 40°</b>		<b>GAP 40°</b>					
11:15 - 12:15	<b>CYCLING</b>							<b>CYCLING VIRTUAL</b>
11:30 - 12:15	<b>CYCLING</b>						<b>CYCLING</b>	
12:00 - 12:15	<b>XPRESS</b>	DIET SUSPENSION TRAINING	<b>FREE FIT</b>	DIET SUSPENSION TRAINING	<b>ABDOMINALES</b>	<b>RADIKAL</b>		
12:00 - 13:00	<b>CYCLING</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>	<b>CYCLING VIRTUAL</b>		
12:15 - 12:30	<b>XPRESS</b>						<b>ABDOMINALES</b>	<b>ABDOMINALES</b>

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	
13:45 - 14:15	SALA 40°			CORE 40°				
14:00 - 14:15	XPRESS	FREE FIT	ABDOMINALES	RADIKAL	FREE FIT	DUET SUSPENSION TRAINING		
14:00 - 14:30	LIVE					CARDIO HIIT		
14:00 - 14:45	LIVE	BODYPUMP	GAP		BODYCOMBAT			
14:00 - 15:00	CYCLING	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		
14:00 - 15:00	SALA 40°					IOGA 40°		
14:15 - 15:00	LIVE			ZUMBA				
14:15 - 15:15	SALA 40°			IOGA 40°				
14:30 - 14:45	XPRESS	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALES	RADIKAL		
14:30 - 15:15	LIVE					BODYPUMP		
14:30 - 15:30	CYCLING						CYCLING VIRTUAL	
14:30 - 15:30	SALA 40°	IOGA 40°						
14:45 - 15:30	LIVE	BODYCOMBAT			BODYPUMP			
15:00 - 15:15	XPRESS	RADIKAL	RADIKAL	FREE FIT	ABDOMINALES	ABDOMINALES		
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						ABDOMINALES	
16:30 - 16:45	CARDIO	TREADMILL		TREADMILL				
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		BODYPUMP	BODYBALANCE		ZUMBA		
17:30 - 18:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
17:30 - 18:30	LIVE	IOGA						
18:00 - 18:15	XPRESS	RADIKAL	DUET SUSPENSION TRAINING	ABDOMINALES	RADIKAL	ABDOMINALES		
18:00 - 18:45	LIVE				PILATES			
18:00 - 19:00	CYCLING				CYCLING VIRTUAL	CYCLING VIRTUAL		
18:00 - 19:00	LIVE						BODYPUMP	
18:15 - 18:30	XPRESS						FREE FIT	
18:15 - 18:45	SALA 40°					CORE 40°		
18:15 - 19:00	LIVE		PILATES	STEP				
18:30 - 19:15	CYCLING		CYCLING					
18:30 - 19:15	LIVE	CTC						
18:30 - 19:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	

18:45 - 19:30	CYCLING	CYCLING						
	LIVE				ZUMBA	GAP		
19:00 - 19:15	XPRESS	ABDOMINALES	RADIKAL	RADIKAL	FREE FIT	RADIKAL		
19:00 - 19:45	LIVE			ZUMBA				
19:00 - 20:00	SALA 40°				IOGA 40°			
	CYCLING					CYCLING VIRTUAL		
19:15 - 20:00	LIVE	BODYCOMBAT	CTC					
19:15 - 20:15	SALA 40°			IOGA 40°				
19:30 - 20:15	LIVE					BODYBALANCE		
19:30 - 20:15	CYCLING		CYCLING		CYCLING			
19:45 - 20:15	LIVE				CARDIO HIIT			
19:45 - 20:30	LIVE			BODYCOMBAT				
19:45 - 20:30	CYCLING	CYCLING						
20:00 - 20:15	XPRESS	FREE FIT	ABDOMINALES	ABDOMINALES	ABDOMINALES	DUET SUSPENSION TRAINING		
20:00 - 20:30	SALA 40°				HIPOPRESIVOS			
20:00 - 20:45	LIVE		ZUMBA					
20:00 - 20:45	CYCLING			CYCLING				
20:00 - 21:00	CYCLING					CYCLING VIRTUAL		
20:15 - 21:00	LIVE	BODYPUMP			BODYPUMP			
20:15 - 21:15	SALA 40°			IOGA 40°				
20:30 - 21:15	SALA 40°		PILATES 40°					
20:30 - 21:30	CYCLING				CYCLING VIRTUAL			
20:45 - 21:30	LIVE		GAP	BODYPUMP				
21:00 - 21:15	XPRESS	DUET SUSPENSION TRAINING	ABDOMINALES	RADIKAL	ABDOMINALES			
21:00 - 21:45	LIVE	CARDIO HIIT			BODYCOMBAT			
21:00 - 21:45	SALA 40°	PILATES 40°						
21:00 - 22:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				