

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:30	Xpress			Abdominales	DST			
07:15 - 08:15	S1	Body Pump		Body Pump				
08:15 - 08:30	Xpress	GAP 20		GAP 20	Abdominales	DST		
08:30 - 09:30	S1		Body Pump					
09:15 - 09:30	Xpress	Abdominales	DST			Abdominales		
10:00 - 10:45	S1				GAP			
10:00 - 11:00	S1						Body Pump	
10:15 - 10:30	Xpress						GAP 20	Abdominales
10:30 - 10:45	Xpress		Abdominales	DST	GAP 20			
10:45 - 11:30	S1	GAP						
11:30 - 11:45	Xpress		GAP 20		DST	Abdominales		
12:15 - 12:30	Xpress	Abdominales		Abdominales	DST		Abdominales	GAP 20
13:15 - 14:00	S1			Body Pump				
14:00 - 14:15	Xpress	DST			Abdominales	GAP 20		
14:15 - 15:00	S1		GAP		Body Pump			
15:00 - 15:15	Xpress	Abdominales	DST			Abdominales		
15:00 - 15:45	S1		Body Pump					
16:00 - 16:15	Xpress		GAP 20	Abdominales				
17:15 - 17:30	Xpress						Abdominales	
17:30 - 18:15	S1			Body Pump				
18:00 - 18:15	Xpress			Abdominales	DST	Abdominales		
18:00 - 18:45	S1				GAP			
18:30 - 19:15	S1		Body Pump					
19:00 - 19:15	Xpress	GAP 20			Abdominales			
19:45 - 20:30	S1			GAP				
20:00 - 20:15	Xpress		GAP 20	Abdominales				
20:00 - 20:45	S1					Body Pump		
20:15 - 21:00	S1	Body Pump						
20:45 - 21:00	Xpress		Abdominales	DST	GAP 20			
21:15 - 22:00	S1			Body Pump				