

		dl	dt	dc	dj	dv	db	dg
07:00 - 08:00	S.Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
07:15 - 07:30	Xpress	Free Fit	Radikal	Abdominales	DST	Radikal		
07:15 - 08:00	S.Cycling				Cycling			
07:15 - 08:15	S1	Body Pump	CTC	Body Pump				
07:30 - 08:15	S.40	Yoga 40º						
08:00 - 09:00	S.Cycling		Cycling Virtual	Cycling Virtual		Cycling Virtual		
08:15 - 08:30	Xpress	GAP 20	Free Fit	GAP 20	Abdominales	DST		
08:15 - 09:15	S.Cycling				Cycling Virtual			
08:30 - 09:15	S.Cycling	Cycling						
08:30 - 09:30	S1	Pilates	Body Pump	Zumba	Correcció Postural			
09:00 - 10:00	S.Cycling		Cycling Virtual	Cycling Virtual		Cycling Virtual		
09:15 - 09:30	Xpress	Abdominales	DST	Radikal	Radikal	Abdominales		
09:15 - 10:15	S.Cycling	Cycling Virtual			Cycling Virtual		Cycling Virtual	Cycling Virtual
09:45 - 10:30	S1	Cardio HIIT						
09:45 - 10:45	S1		Zumba	Yoga				
10:00 - 10:45	S1				GAP			
10:00 - 11:00	S.Cycling		Cycling Virtual	Cycling Virtual		Cycling Virtual		
10:00 - 11:00	S1						Body Pump	
10:15 - 10:30	Xpress						GAP 20	Abdominales
10:15 - 11:15	S.Cycling	Cycling Virtual			Cycling Virtual		Cycling Virtual	Cycling Virtual
10:30 - 10:45	Xpress	Radikal	Abdominales	DST	GAP 20	Free Fit		
10:30 - 11:15	S.40					Yoga 40º		
11:00 - 12:00	S.Cycling		Cycling Virtual	Cycling Virtual		Cycling Virtual		
11:15 - 11:30	Xpress						Free Fit	
11:15 - 11:30	S.Cycling							Radikal
11:15 - 12:00	S.Cycling						Cycling	
11:15 - 12:15	S.Cycling	Cycling Virtual			Cycling Virtual			Cycling Virtual
11:30 - 11:45	Xpress	Free Fit	GAP 20	Free Fit	DST	Abdominales		
11:30 - 12:30	S1					Pilates		
12:00 - 13:00	S.Cycling		Cycling Virtual			Cycling Virtual		
12:15 - 12:30	Xpress	Abdominales	Radikal	Abdominales	DST	Radikal	Abdominales	GAP 20
12:15 - 13:00	S.40		Correcció Postural 40º					
12:15 - 13:15	S.Cycling	Cycling Virtual			Cycling Virtual		Cycling Virtual	Cycling Virtual
13:00 - 13:45	S1	Pilates	Yoga					
13:00 - 14:00	S.Cycling		Cycling Virtual	Cycling Virtual		Cycling Virtual		
13:15 - 14:15	S.Cycling	Cycling Virtual			Cycling Virtual		Cycling Virtual	Cycling Virtual
14:00 - 14:15	Xpress	DST	Free Fit	Radikal	Abdominales	GAP 20		
14:00 - 15:00	S.Cycling		Cycling Virtual			Cycling Virtual		
14:15 - 15:00	S1	Zumba	GAP	Body Combat	Body Pump	Yoga		

14:15 - 15:15	S.Cycling				Cycling Virtual		Cycling Virtual
14:30 - 15:15	S.Cycling	Cycling		Cycling			
15:00 - 15:15	Xpress	Abdominales	DST	Free Fit	Radikal	Abdominales	
15:00 - 15:45	S1		Pilates	Body Pump	Cardio HIIT	Zumba	
	S.40	Yoga 40º					
15:00 - 16:00	S.Cycling		Cycling Virtual			Cycling Virtual	
15:15 - 16:15	S.Cycling				Cycling Virtual		Cycling Virtual
16:00 - 16:15	Xpress	Radikal	GAP 20	Abdominales	Free Fit	Radikal	Free Fit
16:00 - 17:00	S.Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual	
16:15 - 17:15	S.Cycling				Cycling Virtual		Cycling Virtual
17:00 - 18:00	S.Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual	
17:15 - 17:30	Xpress						Abdominales
17:15 - 18:15	S.Cycling				Cycling Virtual		Cycling Virtual
17:30 - 18:15	S1		Zumba	Body Pump			
17:45 - 18:30	S1	Cardio HIIT					
18:00 - 18:15	Xpress	Free Fit	Radikal	Abdominales	DST	Abdominales	
18:00 - 18:45	S1				GAP		
18:00 - 19:00	S.Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual	
18:15 - 19:00	S.40	Yoga 40º					
	S1		Body Pump	CTC			
18:15 - 19:15	S.Cycling				Cycling Virtual		Cycling Virtual
18:30 - 19:15	S1	Body Combat				Pilates	
18:45 - 19:15	S1				Cardio HIIT		
19:00 - 19:15	Xpress	GAP 20	Free Fit	Radikal	Abdominales	Radikal	
19:00 - 19:45	S1		Body Combat	Pilates			
	S.Cycling	Cycling					
	S.40				Yoga 40º		
19:00 - 20:00	S.Cycling					Cycling Virtual	
19:15 - 20:00	S1					Body Combat	
	S.Cycling		Cycling	Cycling	Cycling		
19:30 - 20:15	S.40	Correcció Postural 40º					
19:30 - 20:15	S1	Zumba					
	S1			GAP	Pilates		
20:00 - 20:15	Xpress	Radikal	GAP 20	Abdominales	Radikal	Free Fit	
20:00 - 20:45	S.Cycling	Cycling					
20:00 - 20:45	S1		CTC			Body Pump	
	S.Cycling		Cycling				
20:15 - 21:00	S1	Body Pump					
20:15 - 21:15	S.Cycling				Cycling Virtual		

20:30 - 21:15	S.40	Yoga 40°	Pilates 40°					
	S1			Zumba	Body Combat			
	S.Cycling			Cycling				
20:45 - 21:00	Xpress	Free Fit	Abdominales	DST	GAP 20			
21:00 - 21:45	S1	Body Combat						
21:15 - 22:00	S1		Yoga	Body Pump				
21:15 - 22:15	S.Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			