

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS	ABDOMINALES 15'	DST	FREE FIT	RADIKAL 20	RADIKAL 20		
07:00 - 08:00	Sala1	ZUMBA	BODY PUMP	CARDIO HIIT				
	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
08:00 - 08:15	XPRESS	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'			
08:00 - 09:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
	Sala1					BODY COMBAT		
08:15 - 09:15	Sala1		BODY COMBAT					
08:30 - 09:15	Sala1				GAP			
08:30 - 09:30	Sala1	BODY PUMP		BODY PUMP				
09:00 - 09:15	XPRESS					ABDOMINALES 15'		
09:00 - 10:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			
	Sala1					BODY PUMP		
	Sala2					YOGA 40°		
09:15 - 10:00	Sala1		GAP					
09:15 - 10:15	CYCLING							CYCLING VIRTUAL
09:30 - 10:30	Sala1			ZUMBA				
10:00 - 10:15	XPRESS						RADIKAL 20	FREE FIT
10:00 - 11:00	Sala1	PILATES	YOGA		YOGA			
	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	
10:15 - 11:15	CYCLING							CYCLING VIRTUAL
10:30 - 11:30	Sala1					ZUMBA		
11:00 - 11:15	XPRESS	ABDOMINALES 15'	RADIKAL 20	ABDOMINALES 15'	DST	RADIKAL 20	ABDOMINALES 15'	RADIKAL 20
11:00 - 12:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
11:15 - 12:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
	Sala1						BODY PUMP	
12:00 - 12:15	XPRESS	ABDOMINALES 15'	FREE FIT	DST	ABDOMINALES 15'	ABDOMINALES 15'	FREE FIT	ABDOMINALES 15'
12:00 - 13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 13:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
12:30 - 13:30	Sala1						PILATES	
13:00 - 14:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			
13:15 - 14:00	CYCLING			CYCLING		CYCLING		
13:15 - 14:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:15	XPRESS	ABDOMINALES 15'	FREE FIT	ABDOMINALES 15'	RADIKAL 20			
14:00 - 14:45	Sala1	BODY PUMP						
14:00 - 15:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			
	Sala2				YOGA 40°			
14:15 - 15:00	Sala1		ZUMBA	BODY PUMP	BODY COMBAT	BODY PUMP		
14:15 - 15:15	Sala2		YOGA	PILATES		YOGA		
	CYCLING						CYCLING VIRTUAL	

14:30 - 15:15	Sala2	PILATES						
14:45 - 15:30	Sala1	BODY COMBAT						
15:00 - 15:15	XPRESS	FREE FIT	ABDOMINALES 15'	FREE FIT	ABDOMINALES 15'	RADIKAL 20		
15:00 - 15:45	Sala1		GAP		BODY PUMP			
15:00 - 16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
15:15 - 16:15	CYCLING						CYCLING VIRTUAL	
16:00 - 17:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
16:15 - 17:15	CYCLING						CYCLING VIRTUAL	
17:00 - 17:15	XPRESS						RADIKAL 20	
17:00 - 18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
17:15 - 18:15	CYCLING						CYCLING VIRTUAL	
	CYCLING					CYCLING		
17:30 - 18:15	Sala1			GAP				
17:30 - 18:30	Sala1		YOGA					
17:45 - 18:45	Sala2			YOGA (R)				
	CYCLING		CYCLING (R)					
18:00 - 18:45	Sala1				PILATES			
	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL			
18:00 - 19:00	Sala2					YOGA (R)		
18:15 - 18:30	XPRESS	DST	ABDOMINALES 15'	RADIKAL 20	FREE FIT	ABDOMINALES 15'	FREE FIT	
18:15 - 19:00	Sala1			ZUMBA				
18:15 - 19:15	CYCLING						CYCLING VIRTUAL	
18:30 - 19:00	Sala1		CARDIO HIIT					
18:30 - 19:15	Sala1	TONIFICACIÓN				GAP		
18:30 - 19:30	Sala2	YOGA 40° (R)						
18:45 - 19:30	Sala1				BODY COMBAT			
	Sala2		PILATES (R)					
19:00 - 19:45	Sala1			BODY PUMP				
19:00 - 20:00	CYCLING		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
19:15 - 19:30	XPRESS	RADIKAL 20	ABDOMINALES 15'	DST	FREE FIT	RADIKAL 20		
	Sala1		GAP			ZUMBA		
19:15 - 20:00	CYCLING	CYCLING						
	Sala2				YOGA 40° (R)			
19:30 - 20:15	Sala1				BODY PUMP			
19:30 - 20:30	Sala2	YOGA (R)						
19:45 - 20:30	CYCLING			CYCLING (R)				
20:00 - 20:45	Sala1	BODY PUMP	BODY COMBAT	PILATES		PILATES		
20:00 - 21:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
20:15 - 20:30	XPRESS	ABDOMINALES 15'	RADIKAL 20	ABDOMINALES 15'				
20:15 - 21:00	Sala1				ZUMBA			

20:45 - 21:30	Sala1	ZUMBA	BODY PUMP	GAP				
21:00 - 22:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			