

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
07:00 - 08:00	SALA 1	BODY PUMP		BODY PUMP				
08:00 - 08:45	SALA 1		GAP 45'					
08:00 - 09:00	SALA 1					BODY PUMP		
08:15 - 08:30	XPRESS		DST		ABDOMINALS	DST		
09:00 - 09:45	SALA 1	CTC						
09:15 - 09:30	XPRESS	ABDOMINALS	ABDOMINALS		DST		DST	ABDOMINALS
09:30 - 10:15	SALA 1			GAP 45'				
10:30 - 10:45	XPRESS			ABDOMINALS			ABDOMINALS	
10:30 - 11:30	SALA 1				BODY PUMP		BODY PUMP	
12:15 - 12:30	XPRESS	ABDOMINALS		DST	ABDOMINALS			ABDOMINALS
13:15 - 14:00	SALA 1		BODY PUMP					
14:15 - 14:30	XPRESS	ABDOMINALS		ABDOMINALS	ABDOMINALS			
14:15 - 15:00	SALA 1					BODY PUMP		
14:30 - 15:15	SALA 2			GAP 45'				
14:45 - 15:30	SALA 1	BODY PUMP						
15:00 - 15:15	XPRESS		ABDOMINALS		DST			
15:00 - 15:45	SALA 1			BODY PUMP				
15:30 - 15:45	XPRESS	ABDOMINALS						
16:15 - 16:30	XPRESS							ABDOMINALS
18:00 - 18:45	SALA 1	BODY PUMP						
18:15 - 18:30	XPRESS		ABDOMINALS		ABDOMINALS			DST
18:45 - 19:30	SALA 1			BODY PUMP	GAP 45'			
19:00 - 19:15	XPRESS	DST		ABDOMINALS				
19:30 - 20:15	SALA 1				BODY PUMP			
19:45 - 20:00	XPRESS		ABDOMINALS			ABDOMINALS		
19:45 - 20:30	SALA 1	BODY PUMP		GAP 45'				
20:15 - 20:30	XPRESS	ABDOMINALS	DST		ABDOMINALS			
20:15 - 21:00	SALA 1					GAP 45'		
21:00 - 21:45	SALA 1		BODY PUMP					
21:15 - 21:30	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
21:15 - 22:00	SALA 2	GAP 45'						