

		dl	dt	dc	dj	dv	db	dg
07:00 - 08:00	SALA 1	BODY PUMP	BODY COMBAT	BODY PUMP	PILATES			
08:00 - 08:45	SALA 1		GAP 45'					
08:00 - 09:00	SALA 1				ZUMBA	BODY PUMP		
09:30 - 10:15	SALA 1	CTC		GAP 45'	BODY COMBAT			
09:30 - 10:30	SALA 1		ZUMBA					
10:00 - 10:45	SALA 1							CARDIO HIIT
10:30 - 11:15	SALA 1			PILATES				
10:30 - 11:30	SALA 1				BODY PUMP		BODY PUMP	
12:30 - 13:30	SALA 1					YOGA		
13:15 - 14:00	SALA 1		BODY PUMP		GAP 45'			
14:00 - 14:45	SALA 1	BODY COMBAT	ZUMBA					
14:15 - 15:00	SALA 1			BODY ATTACK	PILATES	BODY PUMP		
15:00 - 15:45	SALA 1	BODY PUMP		BODY PUMP		BODY COMBAT		
17:15 - 18:00	SALA 1	BODY COMBAT	BODY ATTACK		CARDIO HIIT			
18:00 - 18:15	SALA 1				STEP			
18:00 - 18:45	SALA 1	BODY PUMP	PILATES	BODY COMBAT				
18:30 - 19:15	SALA 1					PILATES		
18:45 - 19:30	SALA 1		ZUMBA	BODY PUMP	GAP 45'			
19:00 - 19:45	SALA 1	ZUMBA						
19:30 - 20:15	SALA 1		BODY COMBAT		BODY PUMP	ZUMBA		
19:45 - 20:30	SALA 1	BODY PUMP		GAP 45'				
20:15 - 21:00	SALA 1					GAP 45'		
20:30 - 21:15	SALA 1	BODY ATTACK		ZUMBA	PILATES			
21:00 - 21:45	SALA 1		BODY PUMP					
21:15 - 22:00	SALA 1				ZUMBA			