

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS	RADIKAL	ABDOMINALS	RADIKAL	ABDOMINALS		
07:00 - 08:00	SALA 1	BODY PUMP	BODY COMBAT	BODY PUMP				
	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
07:15 - 08:00	SALA 2				PILATES			
	CYCLING					CYCLING		
08:00 - 08:45	CYCLING	CYCLING		CYCLING				
	SALA 1		GAP 45'					
08:00 - 09:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
	SALA 1				ZUMBA	BODY PUMP		
08:15 - 08:30	XPRESS	RADIKAL	DST	FREE FIT	ABDOMINALS	DST		
09:00 - 09:30	SALA 1		CARDIO HIIT					
09:00 - 09:45	SALA 1	CTC			BODY ATTACK			
09:00 - 10:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 09:30	XPRESS	ABDOMINALS	ABDOMINALS	RADIKAL	DST	RADIKAL	DST	ABDOMINALS
09:15 - 10:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
09:30 - 10:15	SALA 1			GAP 45'				
09:30 - 10:30	SALA 1		ZUMBA					
	SALA 2				YOGA			
10:00 - 11:00	SALA 1	YOGA						BODY ATTACK
	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15 - 11:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
10:30 - 10:45	XPRESS	FREE FIT	RADIKAL	ABDOMINALS	RADIKAL	FREE FIT	ABDOMINALS	FREE FIT
10:30 - 11:30	SALA 1			YOGA	BODY PUMP		BODY PUMP	
11:00 - 11:45	CYCLING							CYCLING
11:00 - 12:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15 - 12:15	VIRTUAL							CYCLING VIRTUAL
11:30 - 12:15	CYCLING						CYCLING	
11:30 - 12:30	SALA 1						YOGA	
12:00 - 13:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 12:30	XPRESS	ABDOMINALS	FREE FIT	DST	ABDOMINALS	FREE FIT	RADIKAL	ABDOMINALS
12:15 - 13:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
13:00 - 14:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15 - 13:45	SALA 1				CARDIO HIIT			
13:15 - 14:00	SALA 1		BODY PUMP					
	SALA 2	PILATES						
13:15 - 14:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:45	SALA 1	BODY COMBAT	ZUMBA					
	CYCLING	CYCLING						
14:15 - 14:30	XPRESS	ABDOMINALS	FREE FIT	ABDOMINALS	ABDOMINALS	RADIKAL		

14:15 - 15:00	SALA 1			BODY ATTACK	PILATES	BODY PUMP		
	CYCLING		DUET RUNNERS	CYCLING	CYCLING	CYCLING		
			CYCLING					
	SALA 2	ZUMBA						
14:15 - 15:15	VIRTUAL						CYCLING VIRTUAL	
14:30 - 15:15	SALA 2			GAP 45'				
14:30 - 15:30	SALA 2		YOGA					
14:45 - 15:30	SALA 1	BODY PUMP						
15:00 - 15:15	XPRESS	RADIKAL	ABDOMINALS	RADIKAL	DST	FREE FIT		
15:00 - 15:45	SALA 1			BODY PUMP	ZUMBA	BODY COMBAT		
15:00 - 16:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL					
15:15 - 16:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
15:30 - 15:45	XPRESS	ABDOMINALS	RADIKAL					
16:00 - 17:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
16:15 - 16:30	XPRESS						FREE FIT	ABDOMINALS
16:15 - 17:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
17:00 - 18:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
17:15 - 18:00	SALA 2	BODY COMBAT	PILATES					
	SALA 1				CARDIO HIIT			
17:15 - 18:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
17:45 - 18:30	SALA 1					GLAM DANCE		
18:00 - 18:45	SALA 1	BODY PUMP	CTC		STEP			
	SALA 2			YOGA				
18:00 - 19:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
18:15 - 18:30	XPRESS	FREE FIT	ABDOMINALS	FREE FIT	ABDOMINALS		RADIKAL	DST
18:15 - 19:00	CYCLING				CYCLING			
18:15 - 19:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
18:30 - 19:15	SALA 1			BODY COMBAT		PILATES		
18:30 - 19:30	SALA 1							YOGA
18:45 - 19:30	SALA 1		ZUMBA		GAP 45'			
19:00 - 19:15	XPRESS	DST	FREE FIT	ABDOMINALS	RADIKAL	FREE FIT		
19:00 - 19:45	SALA 1	ZUMBA						
	CYCLING		CYCLING					
19:00 - 20:00	SALA 2	YOGA	YOGA					
19:15 - 20:00	SALA 1			BODY PUMP				
	CYCLING	CYCLING		CYCLING	CYCLING			
19:30 - 20:15	SALA 2			GAP 45'				
	SALA 1		BODY COMBAT		BODY PUMP	ZUMBA		
19:45 - 20:00	XPRESS	RADIKAL	ABDOMINALS	FREE FIT	RADIKAL	ABDOMINALS		
19:45 - 20:30	SALA 1	BODY PUMP						

20:00 - 20:45	CYCLING		CYCLING					
20:00 - 21:00	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20:15 - 20:30	SALA 2		YOGA					
20:15 - 20:30	XPRESS	ABDOMINALS	DST	RADIKAL	ABDOMINALS			
20:15 - 21:00	CYCLING	CYCLING						
20:15 - 21:00	SALA 2	PILATES						
20:15 - 21:00	SALA 1			ZUMBA		GAP 45'		
20:30 - 21:15	SALA 2			PILATES				
20:30 - 21:15	SALA 1	BODY ATTACK			PILATES			
21:00 - 21:45	SALA 1		BODY PUMP	CTC				
21:00 - 22:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
21:15 - 21:30	XPRESS	ABDOMINALS	RADIKAL	ABDOMINALS	FREE FIT	ABDOMINALS		
21:15 - 22:00	SALA 2	GAP 45'						
21:15 - 22:00	SALA 1	CARDIO HIIT			ZUMBA			