

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
07:00 - 07:15	<b>XPRESS</b>	ABDOMINALES	ABDOMINALES	ABDOMINALES		ABDOMINALES		
07:00 - 08:00	<b>SALA 1</b>	BODY PUMP		BODY PUMP				
08:00 - 08:45	<b>SALA 1</b>		GAP 45'					
08:00 - 09:00	<b>SALA 1</b>					BODY PUMP		
08:15 - 08:30	<b>XPRESS</b>		ABDOMINALES		ABDOMINALES	GAP 20'		
09:30 - 10:15	<b>SALA 1</b>	CTC		GAP 45'				
10:30 - 10:45	<b>XPRESS</b>	GAP 20'		ABDOMINALES		ABDOMINALES	ABDOMINALES	
10:30 - 11:30	<b>SALA 1</b>				BODY PUMP		BODY PUMP	
13:15 - 14:00	<b>SALA 1</b>		BODY PUMP		GAP 45'			
14:15 - 14:30	<b>XPRESS</b>	ABDOMINALES		ABDOMINALES	ABDOMINALES			
14:15 - 15:00	<b>SALA 1</b>					BODY PUMP		
15:00 - 15:15	<b>XPRESS</b>	ABDOMINALES	ABDOMINALES		ABDOMINALES			
15:00 - 15:45	<b>SALA 1</b>	BODY PUMP		BODY PUMP				
18:00 - 18:45	<b>SALA 1</b>	BODY PUMP			GAP 45'			
18:15 - 18:30	<b>XPRESS</b>		ABDOMINALES	GAP 20'	ABDOMINALES		ABDOMINALES	
18:45 - 19:30	<b>SALA 1</b>			BODY PUMP	BODY PUMP			
19:00 - 19:15	<b>XPRESS</b>	ABDOMINALES		ABDOMINALES				
19:45 - 20:30	<b>SALA 1</b>	BODY PUMP		GAP 45'				
20:15 - 20:30	<b>XPRESS</b>	ABDOMINALES	ABDOMINALES		ABDOMINALES			
20:15 - 21:00	<b>SALA 1</b>					GAP 45'		
21:00 - 21:45	<b>SALA 1</b>		BODY PUMP					
21:15 - 21:30	<b>XPRESS</b>	ABDOMINALES		ABDOMINALES	ABDOMINALES			
21:15 - 22:00	<b>SALA 2</b>	GAP 45'						