

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS	DUET SUSPENSION TRAINING			FREE FIT	ABDOMINALES		
		ABDOMINALES						
		DUET SUSPENSION TRAINING						
07:00 - 07:20	XPRESS		RADIKAL					
07:00 - 08:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
	LIVE		BODY COMBAT		BODY PUMP (R)	BODY COMBAT		
07:15 - 08:00	CYCLING	CYCLING (R)		CYCLING (R)				
08:00 - 08:15	XPRESS				FREE FIT			
08:00 - 08:45	LIVE		GAP 45'					
08:00 - 09:00	LIVE	BODY PUMP (R)		PILATES	CYCLING VIRTUAL	BODY PUMP (R)		
	VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
08:30 - 08:45	XPRESS		DUET SUSPENSION TRAINING	ABDOMINALES		ABDOMINALES		
08:30 - 08:50	XPRESS	RADIKAL						
09:00 - 10:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:15 - 09:30	XPRESS	FREE FIT	ABDOMINALES		DUET SUSPENSION TRAINING		ABDOMINALES	ABDOMINALES
09:15 - 09:35	XPRESS			RADIKAL		RADIKAL		
09:30 - 10:30	LIVE		YOGA					
10:00 - 11:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15 - 11:15	LIVE						BODY PUMP (R)	
10:45 - 11:00	XPRESS	ABDOMINALES		DUET SUSPENSION TRAINING		ABDOMINALES		DUET SUSPENSION TRAINING
		FREE FIT						
10:45 - 11:05	XPRESS		RADIKAL				RADIKAL	
11:00 - 12:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15 - 12:15	LIVE						BODY COMBAT	
12:00 - 13:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:15 - 12:30	XPRESS	DUET SUSPENSION TRAINING	FREE FIT	ABDOMINALES		ABDOMINALES	ABDOMINALES	
12:15 - 12:35	XPRESS				RADIKAL			RADIKAL
13:00 - 14:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00 - 14:15	XPRESS	ABDOMINALES		DUET SUSPENSION TRAINING	ABDOMINALES			
14:00 - 14:20	XPRESS		RADIKAL			RADIKAL		
14:00 - 14:45	LIVE	BODY PUMP (R)						
14:00 - 15:00	40°	YOGA 40° (R)		YOGA 40° (R)		YOGA 40° (R)		
14:15 - 15:00	LIVE			ZUMBA	PILATES	BODY PUMP (R)		
	CYCLING	CYCLING (R)	CYCLING (R)	CYCLING (R)	CYCLING (R)			
14:15 - 15:15	VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	
14:30 - 14:45	XPRESS		ABDOMINALES		DUET SUSPENSION TRAINING	ABDOMINALES		
14:30 - 14:50	XPRESS	RADIKAL		RADIKAL				
14:30 - 15:15	LIVE		PILATES					
14:45 - 15:30	LIVE	BODY COMBAT						

15:00 - 16:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	
16:00 - 17:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16:15 - 16:30	XPRESS						FREE FIT	
17:00 - 18:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:15 - 17:30	XPRESS						ABDOMINALES	
18:00 - 18:15	XPRESS		ABDOMINALES	FREE FIT	ABDOMINALES	DUET SUSPENSION TRAINNING		ABDOMINALES
18:00 - 18:20	XPRESS	RADIKAL					RADIKAL	
18:00 - 18:30	40°			CORE 40° (R)	CORE 40° (R)			
18:00 - 18:45	LIVE	PILATES			BODY PUMP (R)	GAP 45'		
18:00 - 19:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:15 - 19:00	LIVE		BODY COMBAT					
18:30 - 19:00	40°		CORE 40° (R)					
18:30 - 19:15	LIVE			GAP 45'				
18:45 - 19:30	LIVE	BODY PUMP (R)			PILATES	YOGA		
18:45 - 19:45	40°	YOGA 40° (R)		YOGA 40° (R)	YOGA 40° (R)			
19:00 - 19:15	XPRESS	ABDOMINALES		ABDOMINALES	DUET SUSPENSION TRAINNING	FREE FIT		
19:00 - 19:20	XPRESS		RADIKAL					
	LIVE		GLAM DANCE					
19:00 - 19:45	CYCLING		CYCLING (R)	CYCLING (R)				
19:00 - 20:00	VIRTUAL				CYCLING VIRTUAL			
19:15 - 20:00	LIVE			ZUMBA				
19:15 - 20:15	40°		YOGA 40° (R)					
19:30 - 20:15	LIVE	BODY COMBAT						
	LIVE				ZUMBA	BODY PUMP (R)		
19:45 - 20:30	CYCLING	CYCLING (R)						
			DUET SUSPENSION TRAINNING	ABDOMINALES		DUET SUSPENSION TRAINNING		
20:00 - 20:15	XPRESS			ABDOMINALES				
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
20:00 - 20:45	LIVE		PILATES	BODY PUMP (R)				
20:00 - 21:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
	40°	YOGA 40° (R)						
20:15 - 21:15	VIRTUAL			CYCLING VIRTUAL				
20:30 - 21:15	LIVE	ZUMBA			BODY COMBAT			
	VIRTUAL				CYCLING VIRTUAL			
20:30 - 21:30	40°		YOGA 40° (R)					
20:45 - 21:30	LIVE		BODY PUMP (R)	BODY COMBAT				
21:00 - 22:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				
21:15 - 21:30	XPRESS	DUET SUSPENSION TRAINNING	ABDOMINALES	DUET SUSPENSION TRAINNING	FREE FIT			
21:15 - 21:35	XPRESS					RADIKAL		