

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00				BODY COMBAT  		
08:00	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	BODY COMBAT  	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 
				CYCLING 08:00 - 09:00 		
09:00	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 	CYCLING 08:00 - 09:00 
	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 	BODY COMBAT  	LET'S GO 09:10 - 09:45 	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 
			CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 		
10:00	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 	CYCLING 09:15 - 10:15 
	LET'S GO 10:00 - 10:50 	LET'S GO 10:15 - 11:05 	CYCLING 10:30 - 11:30 	STEP 10:15 - 11:05  	LET'S GO 10:00 - 10:50 	CYCLING 10:30 - 11:30 
	CYCLING 10:30 - 11:30 	WALKIN G 10:30 - 11:30  		CYCLING 10:30 - 11:30 	CYCLING 10:30 - 11:30 	
		CYCLING 10:30 - 11:30 				
11:00	CYCLING 10:30 - 11:30 	LET'S GO 10:15 - 11:05 	CYCLING 10:30 - 11:30 	STEP 10:15 - 11:05  	CYCLING 10:30 - 11:30 	CYCLING 10:30 - 11:30 
	CYCLING 11:45 - 12:45 	WALKIN G 10:30 - 11:30  	LET'S GO 11:15 - 12:05 	CYCLING 10:30 - 11:30 	WALKIN G 30' 11:30 - 12:00  	DANCE 11:00 - 11:50 
		CYCLING 10:30 - 11:30 	CYCLING 11:45 - 12:45 	CYCLING 11:45 - 12:45 	CYCLING 11:45 - 12:45 	WALKIN G 30' 11:30 - 12:00  
		CYCLING 11:45 - 12:45 				CYCLING 11:45 - 12:45 
12:00	CYCLING 11:45 - 12:45 	CYCLING 11:45 - 12:45 	LET'S GO 11:15 - 12:05 	CYCLING 11:45 - 12:45 	WALKIN G 30' 11:30 - 12:00  	WALKIN G 30' 11:30 - 12:00  
	WALKIN G 30' 12:00 - 12:45  	LET'S GO 12:00 - 12:50 	CYCLING 11:45 - 12:45 		CYCLING 11:45 - 12:45 	CYCLING 11:45 - 12:45 
13:00	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 
	LET'S GO 13:45 - 14:30 					
14:00	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 	CYCLING 13:00 - 14:00 
	LET'S GO 13:45 - 14:30 	CYCLING 14:15 - 15:15 	BODY COMBAT  	LET'S GO 14:15 - 15:05 	CYCLING 14:15 - 15:15 	CYCLING 14:15 - 15:15 
	CYCLING 14:15 - 15:15 		CYCLING 14:15 - 15:15 	CYCLING 14:15 - 15:15 		
15:00	CYCLING 14:15 - 15:15 	CYCLING 14:15 - 15:15 	BODY COMBAT  	LET'S GO 14:15 - 15:05 	CYCLING 14:15 - 15:15 	CYCLING 14:15 - 15:15 

	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 14:15 - 15:15	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30
			CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30		
16:00	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30
	DANCE 16:00 - 16:50	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	LET'S GO 16:00 - 16:50	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45
	CYCLING 16:45 - 17:45			CYCLING 16:45 - 17:45		
17:00	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45
		LET'S GO 17:00 - 17:50			LET'S GO 17:00 - 17:50	
18:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	LET'S GO 18:00 - 18:50	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00
			CYCLING 18:00 - 19:00			
19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00
	STEP BÀSIC 19:15 - 20:05	DANCE 19:15 - 20:05	CYCLING 19:15 - 20:15	LET'S GO 19:00 - 19:50	AERÒBI C 19:00 - 19:50	CYCLING 19:15 - 20:15
	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	WALKIN G 19:30 - 20:15	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	
	WALKIN G 19:30 - 20:15	WALKIN G 19:30 - 20:15		WALKIN G 19:30 - 20:15		
20:00	STEP BÀSIC 19:15 - 20:05	DANCE 19:15 - 20:05	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15
	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	WALKIN G 19:30 - 20:15	WALKIN G 19:30 - 20:15	CYCLING 20:30 - 21:30	CYCLING 20:30 - 21:30
	WALKIN G 19:30 - 20:15	WALKIN G 19:30 - 20:15	BODY COMBAT	STEP BÀSIC 20:15 - 21:05		
	AERÒBI C 20:15 - 21:05	LET'S GO 20:15 - 21:05	WALKIN G 20:30 - 21:05	CYCLING 20:30 - 21:30		
	BODY COMBAT	CYCLING 20:30 - 21:30	CYCLING 20:30 - 21:30			
	WALKIN G 20:30 - 21:05					
	CYCLING 20:30 - 21:30					
21:00	AERÒBI C 20:15 - 21:05	LET'S GO 20:15 - 21:05	BODY COMBAT	STEP 20:15 - 21:05	CYCLING 20:30 - 21:30	CYCLING 20:30 - 21:30
	BODY COMBAT	CYCLING 20:30 - 21:30	WALKIN G 20:30 - 21:05	CYCLING 20:30 - 21:30	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45
	WALKIN G 20:30 - 21:05	CYCLING 21:45 - 22:45	CYCLING 20:30 - 21:30	CYCLING 21:45 - 22:45		
	CYCLING 20:30 - 21:30		AERÒBI C			

	CYCLING 21:45 - 22:45		CYCLING 21:45 - 22:45			
22:00	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45	AERÒBI C 21:15 - 22:00	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45
			CYCLING 21:45 - 22:45			