

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00 - 22:40	SF	SALA FITNESS	SALA FITNESS	SALA FITNESS	SALA FITNESS	SALA FITNESS		
08:00 - 08:15	SF	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		
08:00 - 19:40	SF						SALA FITNESS	
09:00 - 09:20	SF	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	RADIKAL		
09:00 - 13:40	SF							SALA FITNESS
10:15 - 10:30	SF	ABDOMINALES	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALES	
11:30 - 11:45	SF	DST	ABDOMINALES	DST	ABDOMINALES	DST	DST	
13:00 - 13:15	SF	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
18:00 - 18:15	SF	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		
18:30 - 18:45	SF	FREE FIT	FREE FIT	FREE FIT	FREE FIT	FREE FIT		
19:30 - 20:00	SF	RADIKAL	DST	RADIKAL	DST	RADIKAL		
20:30 - 20:45	SF	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	RADIKAL		
21:30 - 21:45	SF	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES		