

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00 - 07:50	VIRTUAL		CYCLING		CYCLING			
08:10 - 09:00	VIRTUAL	DUET WALKING		CYCLING		DUET WALKING		
09:30 - 10:20	VIRTUAL				DUET WALKING			CYCLING
10:30 - 11:20	VIRTUAL	DUET WALKING				CYCLING		
11:30 - 12:20	VIRTUAL	CYCLING	DUET WALKING	DUET WALKING	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING
12:30 - 13:20	VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		CYCLING
13:30 - 14:20	VIRTUAL	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	DUET WALKING	
14:30 - 15:20	VIRTUAL	CYCLING		CYCLING	DUET WALKING	DUET WALKING	CYCLING	
15:30 - 16:20	VIRTUAL	CYCLING	DUET WALKING	CYCLING		CYCLING	CYCLING	
16:30 - 17:20	VIRTUAL	DUET WALKING	CYCLING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	
21:30 - 22:20	VIRTUAL	CYCLING	DUET WALKING	CYCLING	CYCLING	CYCLING		