

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50	S1		BODY PUMP		BODY COMBAT	BODY PUMP		
	SC	CYCLING		DUET WALKING				
	VIRTUAL		CYCLING		CYCLING			
08:00 - 08:15	SF	CORE	CORE	CORE	CORE	CORE		
08:10 - 09:00	VIRTUAL	DUET WALKING		CYCLING		DUET WALKING		
	S1	DUET CAMP		BODY PUMP		GAC		
	SC		DUET WALKING		CYCLING			
08:15 - 09:30	S1						IOGA	
09:00 - 09:20	SF	RADIKAL	CORE	RADIKAL	CORE	RADIKAL		
09:30 - 10:20	SC	CYCLING	DUET WALKING	CYCLING		CYCLING	CYCLING	
	S1	ZUMBA	GAC	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	DUET CAMP
	PS	AIGUA POWER		AIGUA POWER	AIGUA POWER	AIGUA POWER		
	VIRTUAL				DUET WALKING			CYCLING
	S2	ESQUENA SANA			PILATES	BODY BALANCE		
	SF	CORE	RADIKAL	CORE	RADIKAL	CORE	CORE	
10:30 - 11:20	PS	AIGUA RELAX	AIGUA POWER			AIGUA RELAX		
	S1	BODY BALANCE	PILATES	ESQUENA SANA	SALSA	BODY PUMP	ZUMBA	ZUMBA
	SC		CYCLING	DUET WALKING	CYCLING		DUET WALKING	CYCLING
	VIRTUAL	DUET WALKING				CYCLING		
	S2		SALSA				BODY COMBAT	
11:30 - 11:45	SF	DST	CORE	DST	CORE	DST	DST	
11:30 - 12:20	VIRTUAL	CYCLING	DUET WALKING	DUET WALKING	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING
	PS	AIGUA POWER		AIGUA RELAX				
	S1					IOGA	DUET CAMP	ESTIRAMENTS
	S2						PILATES	
12:30 - 13:20	VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		CYCLING
S2						BODY BALANCE		
13:00 - 13:15	SF	CORE	CORE	CORE	CORE	CORE	CORE	
13:30 - 14:20	VIRTUAL	DUET WALKING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	DUET WALKING	
14:30 - 15:20	SC		CYCLING					
	VIRTUAL	CYCLING		CYCLING	DUET WALKING	DUET WALKING	CYCLING	
	S1	BODY PUMP		BODY PUMP	GAC			
	S2					ESQUENA SANA		
15:30 - 16:20	PS	AIGUA POWER		AIGUA POWER		AIGUA POWER		
	SC				CYCLING			
	S1	DUET CAMP	PILATES	CARDIO HIIT	PILATES	DUET CAMP		
	VIRTUAL	CYCLING	DUET WALKING	CYCLING		CYCLING	CYCLING	
	S2		ZUMBA					
16:30 - 17:20	VIRTUAL	DUET WALKING	CYCLING	DUET WALKING	CYCLING	DUET WALKING	DUET WALKING	

17:00 - 17:50	SC	CYCLING		CYCLING				
17:30 - 18:20	S1	GAC	CARDIO HIIT	BODY PUMP	ZUMBA	BODY PUMP	BODY PUMP	
	S2	CAMP KIDS	ESTIRAMENTS	ZUMBA KIDS	ESTIRAMENTS	CAMP KIDS		
18:00 - 18:15	SF	CORE	CORE	CORE	CORE	CORE		
18:00 - 18:50	SC	CYCLING	DUET WALKING	CYCLING	DUET WALKING	CYCLING		
18:00 - 20:00	Exterio		VOLLEY PLAYA			VOLLEY PLAYA		
18:30 - 18:45	SF	FREE FIT	FREE FIT	FREE FIT	FREE FIT	FREE FIT		
18:30 - 19:20	S2	BODY BALANCE	ESQUENA SANA	PILATES	ESQUENA SANA	BODY BALANCE		
	S1	BODY PUMP	ZUMBA	BODY COMBAT	DUET CAMP	ZUMBA		
	SC						CYCLING	
19:00 - 19:50	SC	DUET WALKING		DUET WALKING		CYCLING		
19:30 - 20:00	SF	RADIKAL	DST	RADIKAL	DST	RADIKAL		
19:30 - 20:20	Exterio			SPARTAN DUET				
	S2	PILATES	PILATES	BODY BALANCE	IOGA	ESTIRAMENTS		
	S1	BODY COMBAT	BODY PUMP	ZUMBA	BODY PUMP	CARDIO HIIT		
	SC		CYCLING		CYCLING			
	PS	AIGUA POWER	AIGUA POWER	AIGUA POWER	AIGUA POWER	AGUA ZUMBA		
20:00 - 20:50	SC	CYCLING		CYCLING				
20:30 - 20:45	SF	RADIKAL	CORE	RADIKAL	CORE	RADIKAL		
20:30 - 21:00	S1		DUET CAMP 30'					
20:30 - 21:20	S2	PILATES	IOGA		PILATES	PILATES		
	S1	ZUMBA		BODY PUMP	BODY COMBAT			
21:30 - 21:45	SF	CORE	CORE	CORE	CORE	CORE		
21:30 - 22:20	VIRTUAL	CYCLING	DUET WALKING	CYCLING	CYCLING	CYCLING		
	S1			DUET BOXING				