

|               |    | dl                | dt                | dc                | dj                | dv                | db                | dg                |
|---------------|----|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 07:00 - 07:45 | A1 | SURPRISE          | TRAINING          | CARDIO GAC        | ABS-ESTIRAMENTS   | BODYPUMP          |                   |                   |
|               |    | TONO              | SPEEDBIKE         |                   |                   |                   |                   |                   |
| 08:00 - 08:45 | A2 | SPEEDBIKE         |                   | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         |                   |                   |
|               | A1 | BODYPUMP          | CROSS CNC         | BODYPUMP          | TRAINING          |                   |                   |                   |
| 09:00 - 09:45 | A5 |                   |                   |                   |                   | PILATES           |                   |                   |
|               | A1 | GAC               |                   |                   | GAC               |                   |                   |                   |
| 09:15 - 10:00 | A5 |                   |                   |                   | PILATES           |                   |                   |                   |
|               | A1 | CARDIO GAC        | PILATES           | TRAINING          |                   | TBC               |                   |                   |
| 09:30 - 10:15 | A2 | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         |                   |                   |
| 09:30 - 10:25 | A4 | BOXA              |                   | BOXA              |                   | CROSSFIGHT CNC    |                   |                   |
| 10:00 - 10:45 | A1 | TONO              |                   | PILATES           |                   |                   |                   |                   |
| 10:05 - 10:50 | A1 |                   | ZUMBAS            |                   | CARDIO GAC        | STEP/TONO         |                   |                   |
| 10:30 - 11:15 | A5 |                   |                   |                   |                   |                   | PILATES           |                   |
| 11:00 - 11:45 | A2 | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL |                   |                   |
|               | A1 | GYM DOLÇA         | GYM DOLÇA         | GYM DOLÇA         | GYM DOLÇA         | GYM DOLÇA         |                   |                   |
| 11:30 - 12:15 | A2 |                   |                   |                   |                   |                   | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL |
|               | A1 |                   |                   |                   |                   |                   | BODYPUMP          | TRAINING          |
| 12:30 - 13:15 | A2 |                   |                   |                   |                   |                   | SPEEDBIKE         | SPEEDBIKE         |
| 14:15 - 15:00 | A1 | CROSS CNC         |                   | TRAINING          |                   |                   |                   |                   |
|               | A2 |                   | SPEEDBIKE VIRTUAL |                   |                   |                   |                   |                   |
| 15:15 - 16:00 | A1 | TRAINING          |                   | CARDIO GAC        | SURPRISE          |                   |                   |                   |
| 17:30 - 18:15 | A2 | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL |                   |                   |
|               | A5 | PILATES           | GYM DOLÇA         | PILATES           | GYM DOLÇA         |                   |                   |                   |
| 18:00 - 18:25 | A1 | TONO EXPRESS 25'  | TONO EXPRESS 25'  |                   | ABDOMINALS 25'    | TONO EXPRESS 25'  |                   |                   |
|               |    |                   | ABDOMINALS 25'    |                   |                   |                   |                   |                   |
| 18:30 - 19:15 | A4 | HIPOPRESIUS       |                   | TONO-HIPO         |                   |                   |                   |                   |
|               | A1 | BODYPUMP          | ZUMBAS            |                   | BODYPUMP          | TONO              |                   |                   |
|               |    |                   |                   |                   |                   | ZUMBAS JUMP       |                   |                   |
|               | A5 |                   | PILATES           |                   | PILATES           |                   |                   |                   |
| 18:30 - 19:25 | A2 | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE         | SPEEDBIKE VIRTUAL |                   |                   |
| 19:30 - 20:15 | A5 | BOXA INICIACIÓ    |                   | BOXA INICIACIÓ    |                   |                   |                   |                   |
| 20:30 - 20:55 | A1 | BODYCOMBAT        | BODYPUMP          | CARDIO GAC        | ZUMBAS            | CROSS CNC         |                   |                   |
|               | A2 |                   | ABDOMINALS 25'    |                   | ABDOMINALS 25'    |                   |                   |                   |
| 20:30 - 21:15 | A2 | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL | SPEEDBIKE VIRTUAL |                   |                   |
|               | A1 | CROSS CNC         |                   | CROSS CNC         |                   |                   |                   |                   |