

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