

	l	m	x	j	v
15:45 - 16:15		SPINNING express 30'			
18:30 - 19:00	AEROBIC express 30'	TONO express 30'		ABDOMINAL express 30'	
19:00 - 20:00		ABDOMINAL express 30'			
21:05 - 21:35			BODY STRECH express		