	l	m	x	j	v
09:15 - 10:00	AGUAGIM	AGUAGIM	AGUAGIM	AGUAGIM	
09:30 - 10:20		SPINNING	SPINNING		
09:30 - 10:30	BODY COMBAT				BODY COMBAT
10:00 - 10:45		AGUAGIM		AGUAGIM	
10:30 - 11:30	GYM POSTURAL	BODY PUMP	EN FORMA	BODY PUMP	BODY STRECH
15:20 - 16:20	BODY PUMP		BODY COMBAT		
15:45 - 16:15		SPINNING express 30'			
18:10 - 19:00		SPINNING	SPINNING		SPINNING
18:30 - 19:00	AEROBIC express 30'	TONO express 30'		ABDOMINAL express 30'	
19:00 - 20:00	BODY PUMP	ABDOMINAL express 30'	BODY COMBAT	BODY PUMP	
19:10 - 20:00	SPINNING			SPINNING	
19:30 - 20:15	AGUAGIM		AGUAGIM		
19:30 - 20:20		AERODANCE			BODY PUMP
20:05 - 21:05	STEP		BODY PUMP	BODY COMBAT	
20:10 - 21:00	SPINNING			SPINNING	
20:15 - 21:00		AGUAGIM		AGUAGIM	
21:05 - 21:35			BODY STRECH express		