

		dl	dt	dc	dj	dv	db
06:45 - 07:15						LES MILLS CORE	
06:45 - 07:45					FUNCTIONAL TRAINING		
08:00 - 08:45		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
08:00 - 09:00			PILATES		PILATES		
09:00 - 09:45		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
09:30 - 10:00			LES MILLS CORE MATINS		LES MILLS CORE MATINS		
09:30 - 10:30		IOGA		PILATES	ZUMBA	BODYPUMP	
				BODYPUMP		IOGA	
10:30 - 11:00		HIOPRESSIUS	ESTIRAMENTS			ESTIRAMENTS	
10:30 - 11:30				GAC	HIOPILATES		
11:00 - 12:00							BODYPUMP
13:30 - 14:30				BODYPUMP			
15:30 - 16:15		AQUAGYM		AQUAGYM		AQUAGYM	
15:30 - 16:30		PILATES		ZUMBA	FUNCTIONAL TRAINING	BODYPUMP	
16:30 - 17:00					HIOPRESSIUS	LES MILLS CORE	
17:30 - 18:30					GAC		
18:00 - 18:30				LES MILLS CORE			
18:00 - 19:00			IOGA		BODYPUMP		
18:30 - 19:00					HIOPRESSIUS		
18:30 - 19:30		HIOPILATES		FUNCTIONAL TRAINING			
				IOGA			
19:00 - 20:00			PILATES		ZUMBA	BODYPUMP	
					IOGA		
19:30 - 20:00		ESTIRAMENTS		ESTIRAMENTS			
19:30 - 20:15		AQUAGYM	AQUAGYM	SWIMMING	AQUAGYM		
		SWIMMING		AQUAGYM			
19:30 - 20:30				BODYPUMP			
20:00 - 21:00		PILATES			GAC		
					PILATES		
20:30 - 21:00				LES MILLS CORE			
21:00 - 21:45			AQUAGYM		AQUAGYM		