

Studio

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|--------|------------|------------|------------|------------|------------|------------|----------|
| 07:15h | | RECORE | RESISTANCE | RECORE | | | |
| 08:15h | | | | | | | |
| 09:15h | RECORE | RESISTANCE | | RECORE | REPOWER | | |
| 10:15h | | | RECORE | | | | |
| 10:30h | | | | | REPOWER | RECORE | |
| 11:30h | | | | | RECORE | RESISTANCE | |
| 12:15h | | RECORE | | RESISTANCE | | | |
| 14:15h | RESISTANCE | RECORE | REPOWER | | | | |
| 15:15h | | | | | RESISTANCE | | |
| 16:15h | | | | | | | |
| 17:15h | | | | | RECORE | | |
| 18:15h | RECORE | REPOWER | | RESISTANCE | | | |
| 19:15h | REPOWER | RECORE | RESISTANCE | RECORE | | | |
| 20:15h | RESISTANCE | | RECORE | | | | |
| 21:15h | | | | | | | |