		dl	dt	dc	dj	dv	db	dg
08:00 - 08:30	AADD 1				ABDOMINALS			
09:00 - 09:30	AADD 1	ABDOMINALS				ABDOMINALS		
18:30 - 19:00	ZONA FUNCIONAL			ABDOMINALS				
20:00 - 20:30	AADD 1		ABDOMINALS					
20:30 - 21:00	AADD 2			ABDOMINALS				