

|               |                | dl         | dt         | dc         | dj         | dv         | db        | dg |
|---------------|----------------|------------|------------|------------|------------|------------|-----------|----|
| 06:10 - 07:00 | AADD 1         |            | BODYPUMP™  |            |            |            |           |    |
|               | AADD 2         |            |            | GAC        |            |            |           |    |
| 07:10 - 08:00 | AADD 1         | BODYPUMP™  |            |            |            |            |           |    |
| 08:00 - 08:30 | AADD 1         |            |            |            | ABDOMINALS |            |           |    |
| 08:10 - 09:00 | AADD 1         |            | BODYPUMP™  |            |            |            |           |    |
| 08:30 - 09:00 | AADD 1         |            |            |            | LOWERBODY  |            |           |    |
| 09:00 - 09:30 | AADD 1         | ABDOMINALS |            | GLUTIS     | UPPERBODY  | ABDOMINALS |           |    |
|               | ZONA FUNCIONAL |            | GLUTIS     |            |            |            |           |    |
| 09:10 - 10:00 | AADD 1         |            |            |            |            |            | BODYPUMP™ |    |
| 09:30 - 10:20 | AADD 1         | BODYPUMP™  |            | TBC        | TBC        | GAC        |           |    |
| 10:10 - 11:00 | AADD 1         |            |            |            |            |            | BODYPUMP™ |    |
| 10:30 - 11:20 | AADD 1         |            |            |            |            | TBC        |           |    |
| 11:00 - 11:30 | AADD 1         |            | GLUTIS     |            |            |            |           |    |
| 13:40 - 14:30 | AADD 1         | TBC        | BODYPUMP™  |            | TBC        |            |           |    |
| 14:30 - 15:20 | AADD 1         | TBC        |            |            | BODYPUMP™  |            |           |    |
| 14:40 - 15:30 | AADD 1         |            | GAC        |            |            |            |           |    |
| 15:20 - 16:10 | AADD 1         | BODYPUMP™  |            |            | TBC        | BODYPUMP™  |           |    |
| 15:30 - 16:00 | AADD 1         |            | LOWERBODY  |            |            |            |           |    |
| 16:30 - 17:00 | AADD 1         | GLUTIS     |            |            |            |            |           |    |
| 17:00 - 17:30 | AADD 1         |            | UPPERBODY  |            |            |            |           |    |
| 17:10 - 18:00 | AADD 1         | BODYPUMP™  |            |            | BODYPUMP™  | GAC        |           |    |
| 17:30 - 18:00 | AADD 1         |            | LOWERBODY  |            |            |            |           |    |
| 18:00 - 18:30 | ZONA FUNCIONAL |            |            | GLUTIS     |            | UPPERBODY  |           |    |
| 18:10 - 19:00 | AADD 1         | TBC        | BODYPUMP™  | BODYPUMP™  |            |            |           |    |
| 18:30 - 19:00 | ZONA FUNCIONAL |            |            | ABDOMINALS |            | GLUTIS     |           |    |
| 19:10 - 20:00 | AADD 1         | BODYPUMP™  |            |            | TBC        |            |           |    |
| 20:00 - 20:30 | AADD 2         |            |            | GLUTIS     |            |            |           |    |
|               | AADD 1         |            | ABDOMINALS |            |            |            |           |    |
| 20:10 - 21:00 | AADD 1         | GAC        |            |            | BODYPUMP™  |            |           |    |
| 20:30 - 21:00 | AADD 2         |            |            | ABDOMINALS |            |            |           |    |