		l	m	x	j	v	s	d
06:10 - 07:00	AADD 1		BODYPUMP™					
07:10 - 08:00	AADD 1	BODYPUMP™						
08:10 - 09:00	AADD 1		BODYPUMP™					
09:10 - 10:00	AADD 1						BODYPUMP™	
09:30 - 10:20	AADD 1	BODYPUMP™						
10:10 - 11:00	AADD 1						BODYPUMP™	
13:40 - 14:30	AADD 1		BODYPUMP™					
14:30 - 15:20	AADD 1				BODYPUMP™			
15:20 - 16:10	AADD 1	BODYPUMP™				BODYPUMP™		
17:10 - 18:00	AADD 1	BODYPUMP™			BODYPUMP™			
18:10 - 19:00	AADD 1		BODYPUMP™	BODYPUMP™				
19:10 - 20:00	AADD 1	BODYPUMP™						
20:10 - 21:00	AADD 1				BODYPUMP™			