

		l	m	x	j	v	s	d
09:00 - 09:30	AADD 1			GLUTEOS				
	ZONA FUNCIONAL		GLUTEOS					
11:00 - 11:30	AADD 1		GLUTEOS					
16:30 - 17:00	AADD 1	GLUTEOS						
18:00 - 18:30	ZONA FUNCIONAL			GLUTEOS				
18:30 - 19:00	ZONA FUNCIONAL					GLUTEOS		
20:00 - 20:30	AADD 2			GLUTEOS				
20:30 - 21:00	AADD 1		GLUTEOS					