| | | l | m | x | j | v | s | d |
|---|---|---|---|---|---|---|---|---|
| 06:15 - 07:00 | AADD 1 | | | HIIT | | | | |
| 07:15 - 08:00 | AADD 1 | | | HIIT | | | | |
| 08:15 - 09:00 | ZONA FUNCIONAL | | | | | HIIT | | |
| 19:15 - 20:00 | AADD 2 | | | HIIT | | | | |