

		l	m	x	j	v	s	d
08:30 - 09:00	AADD 1				LOWEBODY			
14:30 - 15:00	AADD 1		LOWEBODY					
15:30 - 16:00	AADD 1		LOWEBODY					
17:30 - 18:00	AADD 1		LOWEBODY					