		l	m	x	j	v	s	d
06:10 - 07:00	AADD 1		BODYPUMP™			TBC		
	AADD 2			GAC				
07:10 - 08:00	AADD 1	BODYPUMP™	TBC			GAC		
08:00 - 08:30	AADD 1				ABDOMINALES			
08:10 - 09:00	AADD 1		BODYPUMP™			TBC		
08:30 - 09:00	AADD 1				LOWERBODY			
09:00 - 09:30	AADD 1	ABDOMINALES		GLUTEOS	UPPERBODY	ABDOMINALES		
	ZONA FUNCIONAL		GLUTEOS					
09:10 - 10:00	AADD 1						BODYPUMP™	
09:30 - 10:20	AADD 1	BODYPUMP™		TBC	TBC	GAC		
10:10 - 11:00	AADD 1						BODYPUMP™	
11:00 - 11:30	AADD 1		GLUTEOS					
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™				BODYPUMP™		
15:30 - 16:00	AADD 1		LOWERBODY					
16:10 - 17:00	AADD 1				TBC			
16:30 - 17:00	AADD 1	GLUTEOS						
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			GLUTEOS				
18:10 - 19:00	AADD 1	TBC	BODYPUMP™	BODYPUMP™				
	AADD 2				GAC			
18:30 - 19:00	ZONA FUNCIONAL			ABDOMINALES				
19:10 - 20:00	AADD 1	BODYPUMP™			TBC			
20:00 - 20:30	AADD 2			GLUTEOS				
	AADD 1		ABDOMINALES					
20:10 - 21:00	AADD 1	GAC			BODYPUMP™			
20:30 - 21:00	AADD 2			ABDOMINALES				