		l	m	x	j	v	s	d
06:10 - 07:00	AADD 2		TRX	GAC				
07:10 - 08:00	AADD 2		HBX BOXING					
07:15 - 08:00	AADD 2					TABATA		
08:10 - 09:00	AADD 2		MOBILITY	ESPALDA SANA		ESPAI ESTIRA		
09:30 - 10:20	AADD 2	ESPALDA SANA	HBX BOXING	PILATES	YOGA	ESPALDA SANA		
10:30 - 11:15	AADD 2				HIPOPRESSIVOS*			
10:30 - 11:20	AADD 2	FOAM ROLLER	PILATES	ESPAI ESTIRA		YOGA		
13:40 - 14:30	AADD 2	HBX BOXING						
13:45 - 14:30	AADD 2				TABATA			
15:10 - 16:00	AADD 2			HBX BOXING				
16:10 - 17:00	AADD 2			ESPAI ESTIRA				
17:10 - 18:00	AADD 2	YOGA		PILATES	PILATES			
18:10 - 19:00	AADD 2		MOBILITY	HIPOIOGA	GAC	PILATES		
18:15 - 19:00	AADD 2	TABATA						
19:10 - 20:00	AADD 2	ESPAI ESTIRA	K1 SPEED		PILATES	YOGA		
19:15 - 20:00	AADD 2			HIIT				
20:00 - 20:30	AADD 2			GLUTEOS				
20:10 - 21:00	AADD 2	HBX BOXING	YOGA					
20:30 - 21:00	AADD 2			ABDOMINALES				