

| | | dl | dt | dc | dj | dv | db | dg |
|---------------|--------------|-----------|-----------|----|-----------|-----------|----|----|
| 09:00 - 09:30 | AADD 1 | | | | UPPERBODY | | | |
| 10:00 - 10:30 | ZONA FITNESS | | UPPERBODY | | | | | |
| 17:00 - 17:30 | ZONA FITNESS | | UPPERBODY | | | | | |
| 18:00 - 18:30 | ZONA OUTDOOR | UPPERBODY | | | | UPPERBODY | | |
| 19:00 - 19:30 | ZONA OUTDOOR | | | | UPPERBODY | | | |
| 20:00 - 20:30 | ZONA OUTDOOR | UPPERBODY | | | | | | |