

		dl	dt	dc	dj	dv	db	dg
06:10 - 07:00	AADD 1		BODYPUMP™					
06:15 - 07:00	AADD 1			HIIT	TABATA			
07:10 - 08:00	AADD 1	BODYPUMP™				BODYPUMP™		
07:15 - 08:00	AADD 1			HIIT				
08:00 - 08:30	AADD 1				ABDOMINALS			
08:10 - 09:00	AADD 1		BODYPUMP™					
08:15 - 09:00	AADD 1	TABATA				TABATA		
08:30 - 09:00	AADD 1				LOWERBODY			
09:00 - 09:30	AADD 1	ABDOMINALS		GLUTIS	UPPERBODY	ABDOMINALS		
09:10 - 10:00	AADD 1		BODYBALANCE™				BODYPUMP™	
09:30 - 10:00	AADD 1				LOWERBODY			
09:30 - 10:20	AADD 1	BODYPUMP™		T.B.C.		G.A.C.		
10:00 - 10:30	AADD 1				ABDOMINALS			
10:10 - 11:00	AADD 1		ZUMBA®				BODYPUMP™	
10:30 - 11:20	AADD 1	ESPAI ESTIRA		ESPAI SUAU	HIOPRESSIUS*	BODYBALANCE™		
11:00 - 11:30	AADD 1		GLUTIS					
11:30 - 12:30	AADD 1		FLAMENC*					
13:30 - 14:00	AADD 1					GLUTIS		
13:40 - 14:30	AADD 1	T.B.C.	BODYPUMP™	HIOPRESSIUS*	T.B.C.			
14:00 - 14:50	AADD 1					ESPAI ESTIRA		
14:30 - 15:00	AADD 1		LOWERBODY					
14:30 - 15:20	AADD 1	T.B.C.			BODYPUMP™			
15:00 - 15:30	AADD 1		ABDOMINALS					
15:20 - 16:10	AADD 1	BODYPUMP™			T.B.C.	BODYPUMP™		
15:30 - 16:00	AADD 1		LOWERBODY					
16:10 - 17:00	AADD 1		ZUMBA®					
16:15 - 16:45	AADD 1				ESPAI ESTIRA EXPRESS			
16:30 - 17:00	AADD 1	GLUTIS						
17:00 - 17:30	AADD 1		UPPERBODY					
17:10 - 18:00	AADD 1	BODYPUMP™		PILATES	BODYPUMP™	G.A.C.		
17:15 - 18:00	AADD 1		TABATA					
17:30 - 18:00	AADD 1		LOWERBODY					
18:10 - 19:00	AADD 1	T.B.C.	BODYPUMP™	BODYPUMP™	G.A.C.	ZUMBA®		
19:10 - 20:00	AADD 1	BODYPUMP™		BODYCOMBAT™	BODYCOMBAT™	BODYBALANCE™		
19:15 - 20:00	AADD 1		TABATA					
20:00 - 20:30	AADD 1		ABDOMINALS					
20:10 - 21:00	AADD 1	G.A.C.		ZUMBA®	BODYPUMP™			
20:30 - 21:00	AADD 1		GLUTIS					