

		l	m	x	j	v	s	d
08:10 - 09:00	AADD 1		BODYPUMP™					
09:10 - 10:00	AADD 1						BODYPUMP™	
09:30 - 10:20	AADD 1	BODYPUMP™						
13:40 - 14:30	AADD 1		BODYPUMP™					
17:10 - 18:00	AADD 1	BODYPUMP™						
18:10 - 19:00	AADD 1		BODYPUMP™	BODYPUMP™				
19:10 - 20:00	AADD 1	BODYPUMP™						