

| | | l | m | x | j | v | s | d |
|---------------|--------|---|----------|---|----------|---|---|---|
| 08:30 - 09:00 | AADD 1 | | | | LOWEBODY | | | |
| 09:30 - 10:00 | AADD 1 | | | | LOWEBODY | | | |
| 14:30 - 15:00 | AADD 1 | | LOWEBODY | | | | | |
| 15:30 - 16:00 | AADD 1 | | LOWEBODY | | | | | |
| 17:30 - 18:00 | AADD 1 | | LOWEBODY | | | | | |