

		l	m	x	j	v	s	d
06:10 - 07:00	AADD 2	K1 SPEED						
15:10 - 16:00	AADD 2			K1 SPEED				
19:10 - 20:00	AADD 1			BODYCOMBAT™				
19:10 - 20:10	AADD 2		K1 SPEED					
20:30 - 21:30	AADD 2					KICK BOXING (€)		