

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
06:10 - 07:00	<b>AADD 2</b>	<b>HBX BOXING</b>	<b>TRX</b>					
06:15 - 07:00	<b>ZONA FUNCIONAL</b>					<b>FUNCTIONAL TRAINING</b>		
	<b>AADD 1</b>			<b>HIIT</b>	<b>TABATA</b>			
07:10 - 08:00	<b>AADD 2</b>		<b>HBX BOXING</b>					
07:15 - 08:00	<b>AADD 2</b>					<b>TABATA</b>		
	<b>ZONA FUNCIONAL</b>	<b>FUNCTIONAL TRAINING</b>			<b>FUNCTIONAL TRAINING</b>			
	<b>AADD 1</b>			<b>HIIT</b>				
08:15 - 09:00	<b>ZONA FUNCIONAL</b>			<b>FUNCTIONAL TRAINING</b>				
	<b>AADD 1</b>	<b>TABATA</b>				<b>HIIT</b>		
09:30 - 10:15	<b>ZONA FUNCIONAL</b>						<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>
09:30 - 10:20	<b>AADD 2</b>		<b>HBX BOXING</b>					
10:15 - 11:00	<b>ZONA FUNCIONAL</b>		<b>FUNCTIONAL TRAINING</b>					
10:30 - 11:15	<b>ZONA FUNCIONAL</b>					<b>FUNCTIONAL TRAINING</b>		
10:30 - 11:20	<b>AADD 2</b>							<b>HBX BOXING</b>
11:15 - 12:00	<b>ZONA FUNCIONAL</b>						<b>FUNCTIONAL TRAINING</b>	
13:40 - 14:30	<b>AADD 1</b>	<b>HBX BOXING</b>						
13:45 - 14:30	<b>ZONA FUNCIONAL</b>		<b>FUNCTIONAL TRAINING</b>					
	<b>AADD 2</b>				<b>TABATA</b>			
14:00 - 14:45	<b>AADD 2</b>			<b>HIIT</b>				
15:10 - 16:00	<b>AADD 2</b>			<b>HBX BOXING</b>				
16:15 - 17:00	<b>ZONA FUNCIONAL</b>					<b>FUNCTIONAL TRAINING</b>		
17:10 - 18:00	<b>AADD 2</b>	<b>TRX</b>						
17:15 - 18:00	<b>ZONA FUNCIONAL</b>	<b>FUNCTIONAL TRAINING</b>	<b>TABATA</b>	<b>FUNCTIONAL TRAINING</b>				
18:10 - 19:00	<b>AADD 2</b>	<b>HBX BOXING</b>			<b>HBX BOXING</b>			
18:15 - 19:00	<b>ZONA FUNCIONAL</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>		<b>FUNCTIONAL TRAINING</b>			
19:10 - 20:00	<b>AADD 2</b>		<b>HBX BOXING</b>					
19:15 - 20:00	<b>ZONA FUNCIONAL</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>		
	<b>AADD 1</b>		<b>TABATA</b>		<b>HIIT</b>			
	<b>AADD 2</b>			<b>HIIT</b>				
20:10 - 21:00	<b>AADD 2</b>	<b>HBX BOXING</b>						
20:15 - 21:00	<b>ZONA FUNCIONAL</b>		<b>FUNCTIONAL TRAINING</b>					