

		l	m	x	j	v	s	d
06:15 - 07:00	AADD 1			HIIT	TABATA			
07:10 - 08:00	AADD 2		HBX BOXING					
07:15 - 08:00	AADD 1			HIIT				
	AADD 2					TABATA		
	ZONA FUNCIONAL	FUNCTIONAL TRAINING						
08:15 - 09:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING				
09:30 - 10:15	ZONA FUNCIONAL						FUNCTIONAL TRAINING	
10:15 - 11:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
11:15 - 12:00	ZONA FUNCIONAL						FUNCTIONAL TRAINING	
17:15 - 18:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING				
18:10 - 19:00	AADD 2				HBX BOXING			
18:15 - 19:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING						
19:15 - 20:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
	AADD 1		TABATA					
20:10 - 21:00	AADD 2	HBX BOXING						