

		l	m	x	j	v	s	d
06:10 - 07:00	AADD 1		BODYPUMP™					
06:15 - 07:00	AADD 1			HIIT	TABATA			
07:10 - 08:00	AADD 1	BODYPUMP™	MOBILITY					
07:15 - 08:00	AADD 1			HIIT				
08:00 - 08:30	AADD 1				ABDOMINALES			
08:10 - 09:00	AADD 1		BODYPUMP™					
08:15 - 09:00	AADD 1	TABATA				HIIT		
08:30 - 09:00	AADD 1				LOWERBODY			
09:00 - 09:30	AADD 1	ABDOMINALES		GLUTEOS	UPPERBODY	ABDOMINALES		
09:10 - 10:00	AADD 1		YOGA				BODYPUMP™	
09:30 - 10:20	AADD 1	BODYPUMP™		TBC	TBC	GAC		
10:10 - 11:00	AADD 1		ZUMBA®				BODYPUMP™	
10:30 - 11:20	AADD 1	ESPAI ESTIRA		MOBILITY		TBC		
11:00 - 11:30	AADD 1		GLUTEOS					
11:10 - 12:00	AADD 1						BODYCOMBAT™	
13:40 - 14:30	AADD 1	TBC	BODYPUMP™		TBC			
13:45 - 14:30	AADD 1			HIOPRESSIVOS*				
14:30 - 15:20	AADD 1	TBC			BODYPUMP™			
14:40 - 15:30	AADD 1		GAC					
15:15 - 16:00	AADD 1			HIOPRESSIVOS*				
15:20 - 16:10	AADD 1	BODYPUMP™			TBC	BODYPUMP™		
15:30 - 16:00	AADD 1		LOWERBODY					
16:10 - 17:00	AADD 1		ZUMBA®					
16:30 - 17:00	AADD 1	GLUTEOS						
17:00 - 17:30	AADD 1		UPPERBODY					
17:10 - 18:00	AADD 1	BODYPUMP™			BODYPUMP™	GAC		
17:30 - 18:00	AADD 1		LOWERBODY					
18:10 - 19:00	AADD 1	TBC	BODYPUMP™	BODYPUMP™		ZUMBA®		
18:15 - 19:00	AADD 1				TABATA			
19:10 - 20:00	AADD 1	BODYPUMP™		BODYCOMBAT™				
19:15 - 20:00	AADD 1		TABATA		HIIT			
20:00 - 20:30	AADD 1		ABDOMINALES					
20:10 - 21:00	AADD 1	GAC		ZUMBA®	BODYPUMP™			