

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:45	Sala 1			CARDIO HIIT				
10:00 - 10:45	Sala 1	CARDIO HIIT						
14:30 - 15:15	Sala 1		CARDIO HIIT					
19:15 - 20:00	Sala 1	CARDIO HIIT						
20:30 - 21:15	Sala 1			CARDIO HIIT				