

		l	m	x	j	v	s	d
07:00 - 07:45	Sala 1			CARDIO HIIT				
14:30 - 15:15	Sala 1		CARDIO HIIT					
19:15 - 20:00	Sala 2	CARDIO HIIT						
20:15 - 21:00	Sala 1				CARDIO HIIT			