

		dl	dt	dc	dj	dv	db	dg
06:45 - 07:30	MULTIFUNCIONAL	BODYPUMP						
09:30 - 10:00	MULTIFUNCIONAL			BODYPUMP				
10:30 - 11:15	MULTIFUNCIONAL	BODYPUMP						
11:00 - 11:45	MULTIFUNCIONAL						FULLWORK/PUMP	FULLWORK/PUMP
13:45 - 14:30	MULTIFUNCIONAL			BODYPUMP				
15:00 - 15:45	MULTIFUNCIONAL				BODYPUMP			
16:30 - 17:15	MULTIFUNCIONAL	BODYPUMP						
17:30 - 18:15	MULTIFUNCIONAL					BODYPUMP		
18:30 - 19:15	MULTIFUNCIONAL				BODYPUMP			
19:30 - 20:15	MULTIFUNCIONAL			BODYPUMP				
20:30 - 21:15	MULTIFUNCIONAL		BODYPUMP					