

		l	m	x	j	v	s
06:45 - 07:45					FUNCTIONAL TRAINING		
09:30 - 10:30		FUNCTIONAL TRAINING					
15:30 - 16:30					FUNCTIONAL TRAINING		
18:30 - 19:30				FUNCTIONAL TRAINING			
19:00 - 20:00		FUNCTIONAL TRAINING					
20:30 - 21:30			FUNCTIONAL TRAINING				