

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# SATURDAY

A+B

6:00-8:00 (\*7:30)

A+B

6:00-8:00 (\*7:30)

A+B

6:00-8:00 (\*7:30)

A

1:00-3:00

B

3:00-3:30

3:00-5:00

5:00-5:30

A

4:00-5:45

F

4:15-5:15

5:15-5:45

B

4:00-6:00

F

6:00-7:00

6:40-7:00

B

4:00-5:45

F

4:15-5:15

5:15-5:45

A

5:45-7:30

A

4:00-6:00

F

6:00-7:00

A GROUP

B GROUP

A + B GROUP

FITNESS

MENTAL