



## PROGRAMA DE ENTRENAMIENTO ZONA ULTIMATE O.C.R.

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		SÁBADO	DOMINGO
<b>6:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	<b>8:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>7:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	<b>9:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>8:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	<b>10:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>9:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	<b>11:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>10:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	<b>12:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>11:30</b>	ULTIMATE O.C.R.		ULTIMATE O.C.R.		ULTIMATE O.C.R.	<b>13:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.
<b>12:30</b>	ULTIMATE O.C.R.		ULTIMATE O.C.R.		ULTIMATE O.C.R.			
<b>13:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>14:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>15:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>16:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>17:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>18:30</b>					ULTIMATE O.C.R.			
<b>19:30</b>	ULTIMATE O.C.R.		ULTIMATE O.C.R.		ULTIMATE O.C.R.			
<b>20:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			
<b>21:30</b>	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.	ULTIMATE O.C.R.			