



BOX AREA-OCR-CALISTENIA- CROSS TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	SÁBADO
8:00		CROSSTRaining		CROSSTRaining	
9:00		BOX AREA		BOX AREA	
10:00	BOX AREA		BOX AREA		CROSSTRaining
11:00		CROSSTRaining		CROSSTRaining	
12:00					
13:00	BOX AREA	CROSSTRaining	BOX AREA	CROSSTRaining	
14:00		BOX AREA		BOX AREA	
15:00					
16:00		CROSSTRaining		CROSSTRaining	
17:00	CROSSTRaining		CROSSTRaining		
18:00		BOX AREA		BOX AREA	
18:15	CALISTENIA	CALISTENIA	CALISTENIA	CALISTENIA	
19:00	ULTIMATE OCR	ULTIMATE OCR	ULTIMATE OCR	ULTIMATE OCR	
19:00	BOX AREA	CROSSTRaining	BOX AREA	CROSSTRaining	
20:00	ULTIMATE OCR	ULTIMATE OCR	ULTIMATE OCR	ULTIMATE OCR	
20:00	CROSSTRaining	BOX AREA	CROSSTRaining	BOX AREA	