



BOX AREA-OCR-CALISTENIA- CROSS TRAINING

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