



BOX AREA-OCR-CALISTENIA-CROSS TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00		CROSSTRaining		CROSSTRaining		
9:00		BOX AREA		BOX AREA	BOX AREA	
10:00	BOX AREA		BOX AREA			CROSSTRaining
11:00		BOX AREA		BOX AREA	BOX AREA	
16:00		BOX AREA		BOX AREA		
17:00	BOX AREA		BOX AREA		BOX AREA	
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	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	