



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
5:30 a.m.							
6:00 a.m.	ADVANCE (HERNÁN RAMIREZ)	INTERVALOS (HERNÁN RAMIREZ)	HIT (ANDRÉS LOPEZ)	FONDO (ANDRÉS LOPEZ)	ADVANCE (DANIEL OTERO)		
7:00 a.m.	FONDO (HERNÁN RAMIREZ)	HIT (HERNÁN RAMIREZ)	ADVANCE (ANDRÉS LOPEZ)	HIT (ANDRÉS LOPEZ)	FONDO (DANIEL OTERO)		
8:00 a.m.							INTERVALOS (SERGIO PRIETO)
9:00 a.m.						ADVANCE (CARLOS LASCARRO)	HIT (SERGIO PRIETO)
10:00 a.m.						QUEMA DE GRASA (CARLOS LASCARRO)	
11:00 a.m.							
11:30 a.m.							
12:30 p.m.							
1:30 p.m.							
2:30 p.m.							
3:30 p.m.							
4:30 p.m.							
5:30 p.m.							
6:00 p.m.	QUEMA DE GRASA (CAMILO SANDOVAL)	INTERVALOS (ALFREDO REYES)	INTERVALOS (ARNOLD)	INTERVALOS (HERNÁN RAMIREZ)			
7:00 p.m.	INTERVALOS (CAMILO SANDOVAL)	FONDO (ALFREDO REYES)	HIT (ARNOLD)	HIT (HERNÁN RAMIREZ)			
8:30 p.m.							