



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		INTERVALOS (HERNAN)					
6:30 a.m.	MONTAÑA (MARIO)		ADVANCE (VERONICA)				
7:00 a.m.		HIT (HERNAN)					
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
10:00 a.m.							INTERVALOS (VERONICA)
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.	INTERVALOS (SERGIO)			HIT (SERGIO)			QUEMA DE GRASA (VERONICA)
6:30 p.m.		MONTAÑA (VERONICA)	RPM (HERNAN)				
7:00 p.m.	FONDO (SERGIO)						
7:30 p.m.							
8:00 p.m.							