



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		INTERVALOS (LASCARRO)					
6:30 a.m.	MONTAÑA (MARIO)			MONTAÑA (CARLOS)			
7:00 a.m.		HIT (LASCARRO)	ADVANCE (VERONICA)		ADVANCE (CARLOS)		
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.						FONDO (VERONICA)	
10:00 a.m.							INTERVALOS (VERONICA)
11:00 a.m.							QUEMA DE GRASA (VERONICA)
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)			
6:30 p.m.		MONTAÑA (VERONICA)					
7:00 p.m.	FONDO (SERGIO)		RPM (LAS CARRO)				
7:30 p.m.							
8:00 p.m.							