



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	INTERVALOS (MARÍA)	ADVANCE (ARNOLD)	INTERVALOS (CRISTIAN)	INTERVALOS (CRISTIAN)	ADVANCE (ALEJANDRO)		
7:00 a.m.	FONDO (CRISTIAN)	FONDO (CRISTIAN)	INTERVALOS (HERNAN)	INTERVALOS (FREDY)	FONDO (ALEJANDRO)		
8:00 a.m.							
9:00 a.m.							
10:00 a.m.						INTERVALOS (HERNAN)	
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.	ADVANCE (ARNOLD)	INTERVALOS (ALEJANDRO)	HIIT (MARIA)	INTERVALOS (FREDY)			
7:00 p.m.		FONDO (ALEJANDRO)		ADVANCE (EDUARDO)			
8:30 p.m.							