



**HIIT
Training**

**Sede Calle 94
Horario 2019**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.							
6:30 a.m.							
7:00 a.m.	WILLY	CARLOS	JHON	JUAN DAVID			
7:30 a.m.	WILLY			JUAN DAVID			
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.						CRISTIAN LEMUS	
10:30 a.m.							
11:00 a.m.							
12:00 p.m.	CRISTIAN	JUAN DAVID	CRISTIAN	JUAN DAVID	JHON		
12:30 p.m.	JAVIER		JAVIER				
1:00 p.m.							
5:00 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.		NICOLÁS	DAVID	NICOLÁS			