



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
5:30 a.m.							
6:00 a.m.	QUEMA DE GRASA (ANDRÉS)	INTERVALOS (JUAN ERIK)	HIT (ANDRÉS LÓPEZ)	FONDO (ANDRÉS LOPEZ)			
6:30 a.m.							
7:00 a.m.			ADVANCE (ANDRÉS LÓPEZ)		TRAINING (DANIEL OTERO)		
7:30 a.m.							
8:00 a.m.							
8:30 a.m.						ADVANCE (ANDRÉS)	INTERVALOS (ANDRÉS LOPEZ)
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
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 (ARNOLD)				
7:00 p.m.	INTERVALOS (CAMILO SANDOVAL)	HIT (ALFREDO)	HIT (ARNOLD)	INTERVALOS (JUAN ERIK)			
8:30 p.m.							