



**HIIT
Training**

**Sede Hayuelos
Horario 2019**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
10:00 a.m.						HIIT TRAINING (JEISSON)	
11:00 a.m.						HIIT TRAINING (JEISSON)	
11:30 p.m.							
12:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.		HIIT TRAINING (JEISSON)	HIIT TRAINING (JEISSON)				
6:30 p.m.		HIIT TRAINING (JEISSON)	HIIT TRAINING (JEISSON)				
7:00 p.m.							
7:30 p.m.							