

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
09:30 - 10:20	Box		G.A.P.		G.A.P.		
10:30 - 11:20	Box	CROSS-TRAINING		CROSS-TRAINING			
18:00 - 18:50	Box	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	
19:00 - 19:50	Box		G.A.P.	CROSS-TRAINING	G.A.P.	CROSS-TRAINING	
19:00 - 20:50	Box	CROSS-TRAINING					
20:00 - 20:50	Box		CROSS-TRAINING	BODY PUMP	CROSS-TRAINING	CROSS-TRAINING	