

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:00 - 08:45		CROSS-TRAINING		CROSS-TRAINING		CROSS-TRAINING	
10:30 - 11:15		CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	
18:00 - 18:45		CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING		
19:00 - 19:45		CROSS-TRAINING		CROSS-TRAINING		CROSS-TRAINING	
20:00 - 20:45			CROSS-TRAINING		CROSS-TRAINING	CROSS-TRAINING	