

|               |  | Lunes          | Martes         | Miércoles      | Jueves         | Viernes        | Sábado |
|---------------|--|----------------|----------------|----------------|----------------|----------------|--------|
| 07:30 - 08:15 |  | CROSS-TRAINING |                | CROSS-TRAINING |                |                |        |
| 10:30 - 11:15 |  | CROSS-TRAINING |                | CROSS-TRAINING |                | CROSS-TRAINING |        |
| 18:00 - 18:45 |  | CROSS-TRAINING |                | CROSS-TRAINING |                |                |        |
| 18:30 - 19:15 |  |                | CROSS-TRAINING |                | CROSS-TRAINING |                |        |
| 19:00 - 19:45 |  | CROSS-TRAINING |                | CROSS-TRAINING |                | CROSS-TRAINING |        |
| 20:00 - 20:45 |  |                |                |                |                | CROSS-TRAINING |        |
| 20:30 - 21:15 |  |                | CROSS-TRAINING |                | CROSS-TRAINING |                |        |