



CROSS TRAINING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00		CROSSTRaining		CROSSTRaining		
8:00	CROSSTRaining		CROSSTRaining		CROSSTRaining	
9:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining
10:00		CROSSTRaining		CROSSTRaining		
11:00	CROSSTRaining		CROSSTRaining		CROSSTRaining	CROSSTRaining
12:00	CROSSTRaining		CROSSTRaining		CROSSTRaining	
14:00		CROSSTRaining		CROSSTRaining		
15:00		CROSSTRaining		CROSSTRaining		
17:00	CROSSTRaining		CROSSTRaining		CROSSTRaining	
18:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
19:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
20:00		CROSSTRaining		CROSSTRaining		
21:00		CROSSTRaining		CROSSTRaining		