



# Horarios Cross Training



	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
7:10 - 8:00	CROSS		CROSS		CROSS	
8:30 - 9:00	CROSS		CROSS		CROSS	
9:30 - 10:30	CROSS	CROSS	CROSS	CROSS	CROSS	
10:30 - 11:30	CROSS	CROSS	CROSS	Power ESC	CROSS	CROSS
11:30 - 12:30	CROSS	CROSS		CROSS		CROSS
18:00 - 19:00	CROSS		CROSS		CROSS	
19:00 - 20:00	CROSS	Power ESC	CROSS	CROSS	CROSS	
20:00 - 21:00	CROSS	CROSS	CROSS	Gymnastic		