

OCTUBRE	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07.00 / 08.00	ENDURANCE	B.T. FUSION	TRAIN	HIIT	ENDURANCE
08.00 / 09.00	TRAIN	ENDURANCE	HIIT	ENDURANCE	TRAIN
09.30 / 10.30	B.T. FUSION	TRAIN	ENDURANCE	MOBILITY BALANCE	ENDURANCE
10.30 / 11.30	ENDURANCE	MOBILITY BALANCE	B.T. FUSION	TRAIN	HIIT

17.30 / 18.30	MOBILITY BALANCE	B.T. FUSION	TRAIN	ENDURANCE	HIIT
19.00 / 20.00	ENDURANCE	HIIT	MOBILITY BALANCE	TRAIN	ENDURANCE
20.00 / 21.00	TRAIN	ENDURANCE	B.T. FUSION	ENDURANCE	TRAIN
21.00 / 22.00	ENDURANCE	TRAIN	ENDURANCE	B.T. FUSION	