

HORARIO ENTRENAMIENTOS GRUPALES

	LUNES			MARTES			MIÉRCOLES				JUEVES			VIERNES			SÁBADO						
	RACK	OCR	COP	RACK	OCR	COP	RACK	OCR	COP	PISTA	RACK	OCR	COP	RACK	OCR	COP	RACK	OCR	COP				
7:00				7:00			7:00					7:00				7:00							
7:15				7:15			7:15					7:15				7:15							
7:30	FUNCIONAL			7:30	FUNCIONAL		7:30	FUNCIONAL				7:30			DEKA HYROX	7:30	FUNCIONAL						
7:45	07:15 ÓSCAR			7:45	07:15 ISA		7:45	07:15 ISA				7:45			07:15 MARCO	7:45	07:15 ÓSCAR						
8:00				8:00			8:00					8:00				8:00							
8:15				8:15	OPOS		8:15					8:15	OPOS			8:15				8:00	FUNCIONAL		
8:30				8:30	POLICIA		8:30					8:30	POLICIA		FUNCIONAL	8:30			DEKA HYROX	8:30	08:00 MARCO		
8:45				8:45	08:15 JESÚS		8:45					8:45	08:15 JESÚS		08:15 MARCO	8:45			08:15 JESÚS	8:45			
9:00				9:00			9:00					9:00									9:00	FUNCIONAL DEKA HYROX	FUNCIONAL DEKA HYROX
9:15				9:15			9:15					9:15									9:15	09:00 MARCO	09:00 CRIS
9:30	OPOS			9:30	FUNCIONAL	SPARTAN	9:30	FUNCIONAL				9:30	FUNCIONAL	SPARTAN		9:30	OPOS		FUNCIONAL	9:30			
9:45	POLICIA			9:45	09:30 ISA	OCR	9:45	09:30 ISA				9:45	09:30 JESÚS	OCR		9:45	POLICIA		09:30 JESUS	9:45			
10:00				10:00		18:15 JESÚS	10:00					10:00		09:30 MARCO		10:00				10:00			
10:15	09:30 ÓSCAR			10:15	ISA		10:15	ISA				10:15	JESÚS			10:15	ÓSCAR			10:15	FUNCIONAL DEKA HYROX	FUNCIONAL DEKA HYROX	
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10:45				10:45			10:45					10:45			DEKA HYROX	10:45				10:45			
11:00	FUNCIONAL			11:00			11:00	FUNCIONAL				11:00			11:00				FUNCIONAL	11:00			
11:15	10:45 ÓSCAR			11:15			11:15	10:45 JESÚS				11:15			10:45 JESÚS	11:15				11:15			
11:30				11:30			11:30					11:30				11:30					11:30	SPARTAN	
11:45				11:45			11:45					11:45				11:45					11:45	OCR	
12:00				12:00	FUNCIONAL		12:00					12:00	FUNCIONAL			12:00				12:00	11:30 MARCO		
12:15				12:15	12:00 MARCO		12:15					12:15	12:00 MARCO			12:15			FUNCIONAL	12:15			
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14:00				14:00	13:35 ÓSCAR		14:00	13:30 MARCO				14:00			13:30 JESÚS	14:00			FUNCIONAL	14:00			
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15:45				15:45	15:30 JESUS		15:45	15:30 ISA				15:45			15:30 JESUS	15:45			15:45				
16:00				16:00			16:00					16:00			15:30 ISA	16:00			DEKA HYROX	16:00			
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17:30	17:15 CRIS			17:30	17:15 ISA		17:30	17:15 MARCO	SPARTAN	OCR	DEKA HYROX	17:30	17:15 ISA			17:30	17:15 MARCO		17:15 CRIS	17:30			
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20:00	19:30 JESÚS			20:00	19:30 ÓSCAR	OCR	20:00	19:45 CRIS				20:00	19:30 ÓSCAR	OCR		20:00				20:00			
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