

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
06:15 - 07:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
07:15 - 08:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING						
08:15 - 09:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING				
09:30 - 10:15	ZONA FUNCIONAL						FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
10:15 - 11:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
10:30 - 11:15	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
11:15 - 12:00	ZONA FUNCIONAL						FUNCTIONAL TRAINING	
13:45 - 14:30	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
16:15 - 17:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
17:15 - 18:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING				
18:15 - 19:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
19:15 - 20:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
20:15 - 21:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					