



	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	
	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
6:00												
7:00			7:00				7:00					
8:00												
9:00	9:15	FUNCTIONAL TRAINING							9:15	FUNCTIONAL TRAINING	9:15	CIRCUIT TRAINING
10:00			10:15	HYROX			10:15	HYROX				
11:00											11:00	CROSS TRAINING
12:00												
13:00							13:15	CIRCUIT TRAINING				
14:00												
15:00	15:15	CROSS TRAINING			15:15	CROSS TRAINING	15:15	CROSS TRAINING	15:15	CROSS TRAINING		
16:00												
17:00			17:00	CROSS TRAINING			17:00	CROSS TRAINING				
18:00	18:30	OCR	18:00	CIRCUIT TRAINING	18:30	OCR	18:00	CIRCUIT TRAINING	18:15	CIRCUIT TRAINING		
19:00	19:15	CROSS TRAINING			19:15	CROSS TRAINING			19:15	CROSS TRAINING		
20:00			20:00	CROSS TRAINING			20:00	CROSS TRAINING				
21:00												