



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