		l	m	x	j	v	s	d
06:15 - 07:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
07:15 - 08:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING			FUNCTIONAL TRAINING			
08:15 - 09:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING		HIIT		
09:00 - 09:30	ZONA FUNCIONAL		GLUTEOS					
09:30 - 10:15	ZONA FUNCIONAL						FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
09:30 - 10:20	ZONA FUNCIONAL	MOBILITY						
10:15 - 11:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
10:30 - 11:15	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
10:30 - 11:45	ZONA FUNCIONAL							FUNCTIONAL TRAINING
11:15 - 12:00	ZONA FUNCIONAL						FUNCTIONAL TRAINING	
13:45 - 14:30	ZONA FUNCIONAL		FUNCTIONAL TRAINING	FUNCTIONAL TRAINING				
15:15 - 16:00	ZONA FUNCIONAL				FUNCTIONAL TRAINING			
16:15 - 17:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
17:15 - 18:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	TABATA	FUNCTIONAL TRAINING				
18:00 - 18:30	ZONA FUNCIONAL			GLUTEOS				
18:15 - 19:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
18:30 - 19:00	ZONA FUNCIONAL			ABDOMINALES				
19:15 - 20:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
20:15 - 21:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					