

HIFT

Lunes

01
Block 1

Martes

02
Metcon 1

Miércoles

03
Block 2

Jueves

04
Metcon 2

Viernes

05
Block 3

Sábado

06
Blend

Domingo

07

08
Metcon 2

09
Block 1

10
Blend

11
Block 2

12
Metcon 1

13
Block 3

14

15
Block 1

16
Metcon 1

17
Block 2

18
Metcon 2

19
Block 3

20
Blend

21

22
Metcon 2

23
Block 1

24
Blend

25
Block 2

26
Metcon 1

27
Block 3

28