# ENTRENAMIENTO DAVID

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | | |

**07/07/2025**

# ENTRENAMIENTO JOSUE

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:30 - 10:30<br>**Entrenamiento Personal (Máx 1)** | 09:30 - 10:30<br>**Entrenamiento Personal (Máx 1)** | 09:30 - 10:30<br>**Entrenamiento Personal (Máx 1)** | 09:30 - 10:30<br>**Entrenamiento Personal (Máx 1)** | 09:30 - 10:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 10:30 - 11:30<br>**Entrenamiento Personal (Máx 1)** | 10:30 - 11:30<br>**Entrenamiento Personal (Máx 1)** | 10:30 - 11:30<br>**Entrenamiento Personal (Máx 1)** | 10:30 - 11:30<br>**Entrenamiento Personal (Máx 1)** | 10:30 - 11:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 11:30 - 12:30<br>**Entrenamiento Personal (Máx 1)** | 11:30 - 12:30<br>**Entrenamiento Personal (Máx 1)** | 11:30 - 12:30<br>**Entrenamiento Personal (Máx 1)** | 11:30 - 12:30<br>**Entrenamiento Personal (Máx 1)** | 11:30 - 12:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 12:30 - 13:30<br>**Entrenamiento Personal (Máx 1)** | 12:30 - 13:30<br>**Entrenamiento Personal (Máx 1)** | 12:30 - 13:30<br>**Entrenamiento Personal (Máx 1)** | 12:30 - 13:30<br>**Entrenamiento Personal (Máx 1)** | 12:30 - 13:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 15:30 - 16:30<br>**Entrenamiento Personal (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento Personal (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento Personal (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento Personal (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 16:30 - 17:30<br>**Entrenamiento Personal (Máx 1)** | 16:30 - 17:30<br>**Entrenamiento Personal (Máx 1)** | 16:30 - 17:30<br>**Entrenamiento Personal (Máx 1)** | 16:30 - 17:30<br>**Entrenamiento Personal (Máx 1)** | 16:30 - 17:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 17:30 - 18:30<br>**Entrenamiento Personal (Máx 1)** | 17:30 - 18:30<br>**Entrenamiento Personal (Máx 1)** | 17:30 - 18:30<br>**Entrenamiento Personal (Máx 1)** | 17:30 - 18:30<br>**Entrenamiento Personal (Máx 1)** | 17:30 - 18:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 18:30 - 19:30<br>**Entrenamiento Personal (Máx 1)** | 18:30 - 19:30<br>**Entrenamiento Personal (Máx 1)** | 18:30 - 19:30<br>**Entrenamiento Personal (Máx 1)** | 18:30 - 19:30<br>**Entrenamiento Personal (Máx 1)** | 18:30 - 19:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 19:30 - 20:30<br>**Entrenamiento Personal (Máx 1)** | 19:30 - 20:30<br>**Entrenamiento Personal (Máx 1)** | 19:30 - 20:30<br>**Entrenamiento Personal (Máx 1)** | 19:30 - 20:30<br>**Entrenamiento Personal (Máx 1)** | 19:30 - 20:30<br>**Entrenamiento Personal (Máx 1)** | | |
| 20:30 - 21:30<br>**Entrenamiento Personal (Máx 1)** | 20:30 - 21:30<br>**Entrenamiento Personal (Máx 1)** | 20:30 - 21:30<br>**Entrenamiento Personal (Máx 1)** | 20:30 - 21:30<br>**Entrenamiento Personal (Máx 1)** | 20:30 - 21:30<br>**Entrenamiento Personal (Máx 1)** | | |

**07/07/2025**

# ENTRENAMIENTO TANYA

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | 16:00 - 17:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | 18:00 - 19:00<br>**Entrenamiento Personal (Máx 1)** | | |
| 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | 19:00 - 20:00<br>**Entrenamiento Personal (Máx 1)** | | |

**07/07/2025**

## PASE FUNCIONAL, IRONTRAINING Y HIITBOXING

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:00 - 10:00<br>**Hiit Boxing (Máx 12)** | 17:30 - 18:30<br>**Hiit Boxing (Máx 12)** | 09:00 - 10:00<br>**Hiit Boxing (Máx 12)** | 17:30 - 18:30<br>**Hiit Boxing (Máx 12)** | | | |
| 10:00 - 11:00<br>**Funcional (Máx 100)** | 18:30 - 19:30<br>**Funcional (Máx 100)** | 10:00 - 11:00<br>**Funcional (Máx 100)** | 18:30 - 19:30<br>**Funcional (Máx 100)** | | | |
| 17:30 - 18:30<br>**Hiit Boxing (Máx 12)** | 19:30 - 20:30<br>**Hiit Boxing (Máx 12)** | 17:30 - 18:30<br>**Hiit Boxing (Máx 12)** | 19:30 - 20:30<br>**Hiit Boxing (Máx 12)** | | | |
| 18:30 - 19:30<br>**Funcional (Máx 100)** | | 18:30 - 19:30<br>**Funcional (Máx 100)** | | | | |
| 19:30 - 20:30<br>**Iron Trainning (Máx 25)** | | 19:30 - 20:30<br>**Iron Trainning (Máx 25)** | | | | |

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## PASE GYM

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:00 - 21:30<br>**Gym Libre (Máx 100)** | 09:00 - 21:30<br>**Gym Libre (Máx 100)** | 09:00 - 21:30<br>**Gym Libre (Máx 100)** | 09:00 - 21:30<br>**Gym Libre (Máx 100)** | 09:00 - 21:30<br>**Gym Libre (Máx 100)** | 10:00 - 13:00<br>**Gym Libre (Máx 100)** | |

**07/07/2025**