

|             | LUNES      | MARTES     | MIÉRCOLES  | JUEVES     | VIERNES    |
|-------------|------------|------------|------------|------------|------------|
| 10:00-11:00 | STRETCHING | STRETCHING | STRETCHING | STRETCHING | STRETCHING |
| 11:00-12:00 | FUNCIONAL  | GAP        | FUNCIONAL  | GAP        | FUNCIONAL  |
|             |            |            |            |            |            |
| 18:30-19:30 | STRETCHING | FUNCIONAL  | STRETCHING | FUNCIONAL  | STRETCHING |
| 19:30-20:15 | FUNCIONAL  | GAP        | FUNCIONAL  | GAP        | FUNCIONAL  |
| 20:15-21:00 | GAP        | STRETCHING | GAP        | STRETCHING | GAP        |
| 21:00-21:45 | TOTAL 30   | FUNCIONAL  | TOTAL 30   | FUNCIONAL  | TOTAL 30   |