



|          | Lunes                              | Martes                             | Miércoles                          | Jueves                             | Viernes                            |
|----------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 6:00 am  | Fundamentos<br>06:00 am - 07:00 am | Fuerza<br>06:00 am - 06:50 am      | Fundamentos<br>06:00 am - 07:00 am | Bags<br>06:00 am - 06:50 am        |                                    |
| 7:00 am  | Bags<br>07:00 am - 07:50 am        | Fundamentos<br>07:00 am - 08:00 am | Fuerza<br>07:00 am - 07:50 am      | Fundamentos<br>07:00 am - 08:00 am |                                    |
| 6:00 pm  | Fundamentos<br>06:00 pm - 07:00 pm | Mitts<br>6:00 pm - 06:50 pm        | Bags<br>06:00 pm - 06:50 pm        | Fuerza<br>06:00 pm - 06:50 pm      | Fundamentos<br>06:00 pm - 07:00 pm |
| 07:30 pm | Mitts<br>7:30 pm - 08:20 pm        | Fundamentos<br>07:30 pm - 08:30 pm | Fuerza<br>07:30 pm - 08:20 pm      | Fight Lab<br>07:30 pm - 8:30 pm    | Bags<br>07:30 pm - 08:20 pm        |
|          |                                    | Generales<br>07:30 pm - 08:30 pm   |                                    |                                    |                                    |
| 9:00 pm  | Fight Lab<br>09:00 pm - 10:00 pm   | Bags<br>09:00 pm - 09:50 pm        | Fundamentos<br>09:00 pm - 10:00 pm | Mitts<br>9:00 pm - 09:50 pm        |                                    |
|          |                                    |                                    | Generales<br>09:00 pm - 10:00 pm   |                                    |                                    |

### Sábados

|          | 1er - Sábado                       | 2do - Sábado                       | 3er - Sábado                       | 4to - Sábado                       | 5to - Sábado                       |
|----------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 9:00 am  | Fuerza<br>09:00 am - 09:50 am      | Bags<br>09:00 am - 09:50 am        | Fuerza<br>09:00 am - 09:50 am      | Bags<br>09:00 am - 09:50 am        | Fuerza<br>09:00 am - 09:50 am      |
|          | Mitts<br>9:00 am - 09:50 am        | Mitts<br>9:00 am - 09:50 am        | Mitts<br>9:00 am - 09:50 am        | Mitts<br>9:00 am - 09:50 am        | Mitts<br>9:00 am - 09:50 am        |
| 10:00 am | Fundamentos<br>10:00 am - 11:00 am | Fundamentos<br>10:00 am - 11:00 am | Fundamentos<br>10:00 am - 11:00 am | Fundamentos<br>10:00 am - 11:00 am | Fundamentos<br>10:00 am - 11:00 am |