



	Lunes	Martes	Miércoles	Jueves	Viernes	Sábados	
6 a.m.	6 a.m. - 7 a.m.	6 a.m. - 6:50 a.m.	6 a.m. - 7 a.m.	6 a.m. - 6:50 a.m.			
7 a.m.	7 a.m. - 7:50 a.m.	7 a.m. - 8 a.m.	7 a.m. - 7:50 a.m.	7 a.m. - 8 a.m.			
9 a.m.						9 a.m. - 9:50 a.m.	
10 a.m.						10 a.m. - 11 a.m.	
6 p.m.	6 p.m. - 7 p.m.	6 p.m. - 6:50 p.m.	6 p.m. - 6:50 p.m.	6 p.m. - 6:50 p.m.	6 p.m. - 7 p.m.		
7:30 p.m.	7:30 p.m. - 8:20 p.m.	7:30 p.m. - 8:30 p.m.	7:30 p.m. - 8:20 p.m.	7:30 p.m. - 8:30 p.m.	7:30 p.m. - 8:20 p.m.		
9 p.m.	9 p.m. - 10 p.m.	9 p.m. - 9:50 p.m.	9 p.m. - 10 p.m.	9 p.m. - 9:50 p.m.			

### Acondicionamiento Físico

BAGS
FUERZA
MITTS

### Defensa Personal

KRAV MAGA I
KRAV MAGA II
FIGHT