WORKOUT CDC 2023 - Desde Septiembre 2023

DÍA	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO			
HORA	OPEN	WM	TC	OR	OPEN	WM	TC	OR	OPEN	WM	TC	OR	OPEN	WM	TC	OR	OPEN	WM	TC	OR	WM	WM	TC	OR
8:00																								
8:30																								
9:00		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL		WORKOUT	SKILL X AGILITY			WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER					
9:30																						WORKOUT		
10:00		WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER			WORKOUT		FUNCIONAL		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL				
10:30																								
11:00		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL		WORKOUT	SKILL X AGILITY			WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER		OPEN			
11:30																								FUNCIONAL
12:00				FUNCIONAL			SKILL X POWER					FUNCIONAL			SKILL X STAMINA					FUNCIONAL				
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13:00			SKILL X STAMINA					FUNCIONAL			SKILL X AGILITY					FUNCIONAL							
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15:00	OPEN				OPEN				OPEN				OPEN				OPEN							
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16:00		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL		WORKOUT	SKILL X AGILITY			WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER					
16:30																								
17:00		WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER			WORKOUT		FUNCIONAL		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL				
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18:00		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL		WORKOUT	SKILL X AGILITY			WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER					
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19:00		WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER			WORKOUT		FUNCIONAL		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL				
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20:00		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL		WORKOUT	SKILL X AGILITY			WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER					
20:30																								
21:00		WORKOUT		FUNCIONAL		WORKOUT	SKILL X POWER			WORKOUT		FUNCIONAL		WORKOUT	SKILL X STAMINA			WORKOUT		FUNCIONAL				
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22:00		WORKOUT				WORKOUT				WORKOUT				WORKOUT				WORKOUT						
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