DIG BOXING

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00 - 07:00 **Boxing Force (Máx 16)**	06:00 - 07:00 **Boxing Endurance (Máx 16)**	06:00 - 07:00 **Boxing Beats (Máx 16)**	08:00 - 09:00 **Boxing Endurance (Máx 16)**	06:00 - 07:00 **Boxing Force (Máx 16)**	08:00 - 09:00 **Boxing Endurance (Máx 16)**	
07:00 - 08:00 **Boxing Beats (Máx 16)**	07:00 - 08:00 **Boxing Force (Máx 16)**	07:00 - 08:00 **Boxing Endurance (Máx 16)**	09:00 - 10:00 **Boxing Force (Máx 16)**	07:00 - 08:00 **Boxing Endurance (Máx 16)**	09:00 - 10:00 **Boxing Force (Máx 16)**	
17:00 - 18:00 **Boxing Endurance (Máx 16)**	17:00 - 18:00 **Boxing Force (Máx 16)**	17:00 - 18:00 **Boxing Beats (Máx 16)**	10:00 - 11:00 **Boxing Endurance (Máx 16)**	17:00 - 18:00 **Boxing Endurance (Máx 16)**	10:00 - 11:00 **Boxing Endurance (Máx 16)**	
18:00 - 19:00 **Boxing Force (Máx 16)**	18:00 - 19:00 **Boxing Beats (Máx 16)**	18:00 - 19:00 **Boxing Force (Máx 16)**	11:00 - 12:00 **Boxing Beats (Máx 16)**		11:00 - 12:00 **Boxing Beats (Máx 16)**	
19:00 - 20:00 **Boxing Beats (Máx 16)**	19:00 - 20:00 **Boxing Endurance (Máx 16)**	19:00 - 20:00 **Boxing Beats (Máx 16)**				

28/04/2025

DIG FUNCTIONAL

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00 - 07:00 **Functional Force (Máx 10)**	06:00 - 07:00 **Functional Force (Máx 10)**	06:00 - 07:00 **Functional Sweat (Máx 10)**	08:00 - 09:00 **Functional Sweat (Máx 10)**	06:00 - 07:00 **Functional Force (Máx 10)**	08:00 - 09:00 **Functional Sweat (Máx 10)**	
07:00 - 08:00 **Functional Sweat (Máx 10)**	07:00 - 08:00 **Functional Sweat (Máx 10)**	07:00 - 08:00 **Functional Force (Máx 10)**	09:00 - 10:00 **Functional Force (Máx 10)**	07:00 - 08:00 **Functional Sweat (Máx 10)**	09:00 - 10:00 **Functional Force (Máx 10)**	
09:00 - 10:00 **Dig Open (Máx 8)**	09:00 - 10:00 **Dig Open (Máx 8)**	09:00 - 10:00 **Dig Open (Máx 8)**	10:00 - 11:00 **Functional Sweat (Máx 10)**	08:00 - 09:00 **Functional Sweat (Máx 10)**	10:00 - 11:00 **Functional Sweat (Máx 10)**	
10:00 - 11:00 **Dig Open (Máx 8)**	10:00 - 11:00 **Dig Open (Máx 8)**	10:00 - 11:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Functional Sweat (Máx 10)**	09:00 - 10:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Functional Force (Máx 10)**	
11:00 - 12:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Dig Open (Máx 8)**		10:00 - 11:00 **Dig Open (Máx 8)**		
12:00 - 13:00 **Dig Open (Máx 8)**	12:00 - 13:00 **Dig Open (Máx 8)**	12:00 - 13:00 **Dig Open (Máx 8)**		11:00 - 12:00 **Dig Open (Máx 8)**		
13:00 - 14:00 **Dig Open (Máx 8)**	13:00 - 14:00 **Dig Open (Máx 8)**	13:00 - 14:00 **Dig Open (Máx 8)**		12:00 - 13:00 **Dig Open (Máx 8)**		
14:00 - 15:00 **Dig Open (Máx 8)**	14:00 - 15:00 **Dig Open (Máx 8)**	14:00 - 15:00 **Dig Open (Máx 8)**		13:00 - 14:00 **Dig Open (Máx 8)**		
15:00 - 16:00 **Dig Open (Máx 8)**	15:00 - 16:00 **Dig Open (Máx 8)**	15:00 - 16:00 **Dig Open (Máx 8)**		14:00 - 15:00 **Dig Open (Máx 8)**		
16:00 - 17:00 **Dig Open (Máx 8)**	16:00 - 17:00 **Dig Open (Máx 8)**	16:00 - 17:00 **Dig Open (Máx 8)**		15:00 - 16:00 **Dig Open (Máx 8)**		
17:00 - 18:00 **Functional Sweat (Máx 10)**	17:00 - 18:00 **Functional Sweat (Máx 10)**	17:00 - 18:00 **Functional Sweat (Máx 10)**		16:00 - 17:00 **Dig Open (Máx 8)**		
18:00 - 19:00 **Functional Force (Máx 10)**	18:00 - 19:00 **Functional Sweat (Máx 10)**	18:00 - 19:00 **Functional Force (Máx 10)**		18:00 - 19:00 **Functional Sweat (Máx 10)**		
19:00 - 20:00 **Functional Sweat (Máx 10)**	19:00 - 20:00 **Functional Force (Máx 10)**	19:00 - 20:00 **Functional Sweat (Máx 10)**				

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DIG WEIGHT

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
05:00 - 06:00 **Building Blast (Máx 10)**	05:00 - 06:00 **Building Muscle (Máx 10)**	05:00 - 06:00 **Building Blast (Máx 10)**	08:00 - 09:00 **Building Blast (Máx 10)**	05:00 - 06:00 **Building Muscle (Máx 10)**	08:00 - 09:00 **Building Blast (Máx 10)**	
06:00 - 07:00 **Building Force (Máx 10)**	06:00 - 07:00 **Building Blast (Máx 10)**	06:00 - 07:00 **Building Force (Máx 10)**	09:00 - 10:00 **Building Pump it (Máx 10)**	06:00 - 07:00 **Building Pump it (Máx 10)**	09:00 - 10:00 **Building Pump it (Máx 10)**	
07:00 - 08:00 **Building Muscle (Máx 10)**	07:00 - 08:00 **Building Force (Máx 10)**	07:00 - 08:00 **Building Muscle (Máx 10)**	10:00 - 11:00 **Building Pump it (Máx 10)**	07:00 - 08:00 **Building Pump it (Máx 10)**	10:00 - 11:00 **Building Pump it (Máx 10)**	
08:00 - 09:00 **Building Force (Máx 10)**	08:00 - 09:00 **Building Blast (Máx 10)**	08:00 - 09:00 **Building Force (Máx 10)**	11:00 - 12:00 **Building Muscle (Máx 10)**	08:00 - 09:00 **Building Blast (Máx 10)**	11:00 - 12:00 **Building Muscle (Máx 10)**	
09:00 - 10:00 **Dig Open (Máx 8)**	09:00 - 10:00 **Building Force (Máx 10)**	09:00 - 10:00 **Dig Open (Máx 8)**		09:00 - 10:00 **Building Pump it (Máx 10)**		
10:00 - 11:00 **Dig Open (Máx 8)**	10:00 - 11:00 **Dig Open (Máx 8)**	10:00 - 11:00 **Dig Open (Máx 8)**		10:00 - 11:00 **Dig Open (Máx 8)**		
11:00 - 12:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Dig Open (Máx 8)**	11:00 - 12:00 **Dig Open (Máx 8)**		11:00 - 12:00 **Dig Open (Máx 8)**		
12:00 - 13:00 **Dig Open (Máx 8)**	12:00 - 13:00 **Dig Open (Máx 8)**	12:00 - 13:00 **Dig Open (Máx 8)**		12:00 - 13:00 **Dig Open (Máx 8)**		
13:00 - 14:00 **Dig Open (Máx 8)**	13:00 - 14:00 **Dig Open (Máx 8)**	13:00 - 14:00 **Dig Open (Máx 8)**		13:00 - 14:00 **Dig Open (Máx 8)**		
14:00 - 15:00 **Dig Open (Máx 8)**	14:00 - 15:00 **Dig Open (Máx 8)**	14:00 - 15:00 **Dig Open (Máx 8)**		14:00 - 15:00 **Dig Open (Máx 8)**		
15:00 - 16:00 **Dig Open (Máx 8)**	15:00 - 16:00 **Dig Open (Máx 8)**	15:00 - 16:00 **Dig Open (Máx 8)**		15:00 - 16:00 **Dig Open (Máx 8)**		
16:00 - 17:00 **Dig Open (Máx 8)**	16:00 - 17:00 **Dig Open (Máx 8)**	16:00 - 17:00 **Dig Open (Máx 8)**		16:00 - 17:00 **Dig Open (Máx 8)**		
17:00 - 18:00 **Building Blast (Máx 10)**	17:00 - 18:00 **Building Muscle (Máx 10)**	17:00 - 18:00 **Building Blast (Máx 10)**		17:00 - 18:00 **Building Muscle (Máx 10)**		
18:00 - 19:00 **Building Force (Máx 10)**	18:00 - 19:00 **Building Blast (Máx 10)**	18:00 - 19:00 **Building Force (Máx 10)**		18:00 - 19:00 **Building Pump it (Máx 10)**		
19:00 - 20:00 **Building Muscle (Máx 10)**	19:00 - 20:00 **Building Force (Máx 10)**	19:00 - 20:00 **Building Muscle (Máx 10)**		19:00 - 20:00 **Building Blast (Máx 10)**		
20:00 - 21:00 **Building Force (Máx 10)**	20:00 - 21:00 **Building Blast (Máx 10)**	20:00 - 21:00 **Building Force (Máx 10)**				