









## Horario de actividades Mondragón enero - agosto 2026

|       | lunes   | martes  | miércoles   | jueves  |
|-------|---|---|---|---|
|       | actividad   | actividad   | actividad   | actividad   |
| 9:00  | <b>CROSS TRAINING</b> 45 min BOX  | <b>HIIT</b> 45 min BOX  | <b>CROSS TRAINING</b> 45 min BOX  | <b>HIIT</b> 45 min BOX  |
| 9:45  | <b>GAP</b> 45 min BOX   | <b>CROSS TRAINING</b> 45 min BOX  | <b>GAP</b> 45 min BOX   | <b>CROSS TRAINING</b> 45 min BOX  |
| 18:00 | <b>HIIT</b> 45 min BOX  | <b>CROSS TRAINING</b> 45 min BOX  | <b>HIIT</b> 45 min BOX  | <b>CROSS TRAINING</b> 45 min BOX  |
| 19:45 | <b>CROSS TRAINING</b> 45 min BOX  | <b>GAP</b> 45 min BOX   | <b>CROSS TRAINING</b> 45 min BOX  | <b>GAP</b> 45 min BOX   |