

|       | Lunes | Martes                                              | Miércoles | Jueves | Viernes | Sábado |
|-------|-------|-----------------------------------------------------|-----------|--------|---------|--------|
| 07:00 |       | ESTIRAMIENTOS<br>HOLISTICOS<br>30'<br>07:15 - 07:45 |           |        |         |        |