

|       | LUNES                 | MARTES               | MIÉRCOLES             | JUEVES               | VIERNES   | SÁBADO   |
|-------|-----------------------|----------------------|-----------------------|----------------------|-----------|----------|
| 7:00  |                       | ELEMENTS             |                       | ELEMENTS             |           |          |
| 7:15  | ELEMENTS              |                      | ELEMENTS              |                      | ELEMENTS  |          |
| 8:00  |                       | ELEMENTS             |                       | ELEMENTS             |           |          |
| 8:15  | STRENGTH              |                      | STRENGTH              |                      | HYBRID T. |          |
| 9:30  |                       | ELEMENTS             |                       | ELEMENTS             |           |          |
| 10:00 |                       |                      |                       |                      |           | ELEMENTS |
| 11:00 |                       |                      |                       |                      |           | STRENGTH |
| 12:00 |                       |                      |                       |                      |           | ELEMENTS |
| 14:30 | ELEMENTS              | ELEMENTS<br>STRENGTH | ELEMENTS              | ELEMENTS<br>STRENGTH |           |          |
| 15:15 |                       |                      |                       |                      | ELEMENTS  |          |
| 17:30 |                       | ELEMENTS             |                       | ELEMENTS             |           |          |
| 18:00 | ELEMENTS<br>STRENGTH  | STRENGTH             | ELEMENTS<br>STRENGTH  | STRENGTH             |           |          |
| 18:30 |                       | ELEMENTS             |                       | ELEMENTS             | ELEMENTS  |          |
| 19:00 | ELEMENTS<br>STRENGTH  | STRENGTH             | ELEMENTS<br>STRENGTH  | STRENGTH             |           |          |
| 19:30 |                       | ELEMENTS             |                       | ELEMENTS             | ELEMENTS  |          |
| 20:00 | ELEMENTS<br>HYBRID T. | STRENGTH             | ELEMENTS<br>HYBRID T. |                      |           |          |
| 20:30 |                       | ELEMENTS             |                       | ELEMENTS             |           |          |
| 21:00 | ELEMENTS              |                      | ELEMENTS              |                      |           |          |

**REBEL**   
**STUDIO**