

UP cycling

1 - 4 Enero

	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15	C E R R A D O		POWER	
8:00		HEALTHY		ENERGY
10:00		HEALTHY	ENERGY	
14:00		ENERGY	POWER	FREE
18:30		POWER	FREE	HEALTHY
19:30		FREE	ENERGY	POWER
20:30	ENERGY	HEALTHY		

7 - 11 Enero

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15		FREE		ENERGY	
8:00	HEALTHY		POWER		POWER
10:00		FREE	POWER	ENERGY	
14:00	HEALTHY	FREE	POWER	ENERGY	HEALTHY
18:30	HEALTHY	FREE	POWER	ENERGY	FREE
19:30	HEALTHY	FREE	POWER	ENERGY	ENERGY
20:30	HEALTHY	FREE	POWER	ENERGY	

14 - 18 Enero

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15		FREE		POWER	
8:00	POWER		ENERGY		FREE
10:00		FREE	POWER	ENERGY	
14:00	POWER	ENERGY	FREE	FREE	POWER
18:30	ENERGY	POWER	POWER	ENERGY	FREE
19:30	ENERGY	FREE	FREE	ENERGY	ENERGY
20:30	POWER	POWER	ENERGY	FREE	

21 - 25 Enero

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15		ENERGY		HEALTHY	
8:00	ENERGY		FREE		FREE
10:00		POWER	ENERGY	FREE	
14:00	HEALTHY	ENERGY	ENERGY	POWER	FREE
18:30	FREE	POWER	POWER	HEALTHY	ENERGY
19:30	FREE	FREE	ENERGY	POWER	HEALTHY
20:30	ENERGY	HEALTHY	ENERGY	ENERGY	

28 - 31 Enero

	LUNES	MARTES	MIÉRCOLES	JUEVES
7:15		HEALTHY		FREE
8:00	POWER		HEALTHY	
10:00		ENERGY	POWER	ENERGY
14:00	HEALTHY	FREE	FREE	HEALTHY
18:30	ENERGY	HEALTHY	POWER	ENERGY
19:30	ENERGY	FREE	FREE	POWER
20:30	POWER	HEALTHY	HEALTHY	ENERGY

SÁBADOS Y DOMINGOS

10:15 y 11:15