

ATHLETIK

FEBRERO 2025



RAFA NADAL
CLUB

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 Endurance	4 Speed	5 Strength	6 Cardio	7 360
10 Speed	11 Strength	12 Cardio	13 360	14 Endurance
17 Strength	18 Cardio	19 360	20 Endurance	21 Speed
24 Cardio	25 360	26 Endurance	27 Speed	28 Strength