

# ATHLETIK

MARZO 2025



RAFA NADAL  
CLUB

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 & 31	4	5	6	7
Speed	360	Endurance	Cardio	Strength
10	11	12	13	14
360	Endurance	Cardio	Strength	Speed
17	18	19	20	21
Endurance	Cardio	Strength	Speed	360
24	25	26	27	28
Cardio	Strength	Speed	360	Endurance