

# ABRIL 2026

 **Respira y sigue**

| Fecha | Día       | Planning |
|-------|-----------|----------|
| 1     | Miércoles |          |
| 2     | Jueves    |          |
| 3     | Viernes   |          |
| 4     | Sábado    |          |
| 5     | Domingo   |          |
| 6     | Lunes     |          |
| 7     | Martes    |          |
| 8     | Miércoles |          |
| 9     | Jueves    |          |
| 10    | Viernes   |          |
| 11    | Sábado    |          |
| 12    | Domingo   |          |
| 13    | Lunes     |          |
| 14    | Martes    |          |
| 15    | Miércoles |          |
| 16    | Jueves    |          |
| 17    | Viernes   |          |
| 18    | Sábado    |          |
| 19    | Domingo   |          |
| 20    | Lunes     |          |
| 21    | Martes    |          |
| 22    | Miércoles |          |
| 23    | Jueves    |          |
| 24    | Viernes   |          |
| 25    | Sábado    |          |
| 26    | Domingo   |          |
| 27    | Lunes     |          |
| 28    | Martes    |          |
| 29    | Miércoles |          |
| 30    | Jueves    |          |