

# Horarios de Entrenamiento



Horas	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00 a 7:00	● Ac-Nuevo • VC ● Performance • EF ● Perform. Espejo • RC	● Active • IR ● Performance • EF	● Ac - Nuevo • VC ● Performance • EF ● Perform. Espejo • RC	● Active • IR ● Performance • EF	● Performance • RC	
7:00 a 8:00	● Active • IR ● Active Espejo • VC ● Performance • EF ● Perform. Espejo • RC	● Active • DF ● Perform. Espejo • IR ● Performance • EF	● Active • IR ● Active Espejo • VC ● Performance • EF ● Perform. Espejo • RC	● Active • DF ● Performance • EF ● Perform. Espejo • IR	● Active • IR ● Active Espejo • DF ● Performance • RC	
8:00 a 9:00		● Active • DF ● Active Refuerzo • RC ● Performance • IR	● Active • IR ● Active Espejo • RC ● Performance • EF ● Perform. Espejo • VC	● Active • DF ● Active Espejo • RC ● Performance • EF ● Perform. Espejo • IR	● Active • IR ● Active Espejo • DF ● Performance • RC	● Active Nuevo • DV ● Perform. Nuevo • JIP
9:00 a 10:00	● Active • IR ● Active Espejo • VC ● Performance • EF	● Active • IR ● Performance • RC ● Esencial • DF	● Active • IR ● Active Espejo • VC ● Performance • EF	● Active • IR ● Active Espejo • RC ● Performance • EF ● Esencial • DF	● Active • IR ● Active Espejo • DF ● Performance • RC	● Active • DV ● Active Espejo • JIP
10:00 a 11:00	● Active • IR ● Senior • RC	● Active • DF ● Woman Nuevo • EF ● Senior • RC	● Active • IR ● Senior • RC	● Active • DF ● Woman • IR ● Senior • RC	● Active • IR ● Senior Nuevo • RC	● Active • DV ● Perform. Nuevo • JIP
11:00 a 12:00	● Active • IR ● Performance • CT ● Woman • RC	● Active • DF ● Woman • IR	● Active • IR ● Woman • RC	● Active • DF ● Woman • IR	● Active • IR ● Perform. Nuevo • RC ● Woman • DF	● Active • DV ● Active Espejo • JIP
12:00 a 13:00	● Active • IR ● Senior • RC	● Active • IR ● Woman • DF ● Senior • RC	● Active • IR ● Senior • RC	● Active • IR ● Woman • DF ● Senior • RC	● Active • IR ● Performance • CT ● Senior • RC	
13:00 a 14:00	● Active • RC ● Performance • CT		● Performance • EF ● Woman Nuevo • IR	● Active • DF ● Perform. Nuevo • CT	● Active • DF ● Performance • CT ● Woman • IR	
14:00 a 15:00		● Active • DV ● Performance • EF ● Esencial • DF ● Woman • IR		● Esencial • DF	● Personal • DF	
15:00 a 16:00	● Active • DF ● Performance • CT	● Personal • DV	● Active • DF ● Esencial • CT	● Perform. Nuevo • CT	● Performance • CT	
16:00 a 17:00	● Active • DV ● Woman • DF ● Personal Nuevo • CT	● Personal • CT	● Active • DV ● Personal • CT ● Woman • DF	● Personal • CT	● Active Nuevo • DV ● Personal • CT	
17:00 a 18:00	● Active • DV ● Performance • CT ● Teen • JIP	● Performance • DV ● Teen • CT	● Active • DV ● Performance • EF ● Teen • DF	● Performance • DV ● Teen • CT	● Active • DV ● Performance • CT	
18:00 a 19:00	● Active • DF ● Active Espejo • DV ● Personal • CT ● Teen Nuevo • JIP	● Active • DV ○ Active Esp • JIP ● Performance • CT	● Active • DF ● Active Espejo • DV ● Personal • CT	● Active • DV ● Active Espejo • JIP ● Performance • CT	● Active • DV ● Performance • CT	
19:00 a 20:00	● Active • DF ● Active Espejo • DV ● Performance • JIP	● Active • DV ○ Active Resp • JIP ● Performance • CT	● Active • DF ● Active Espejo • DV ● Performance • CT	● Active • DV ● Active Espejo • JIP ● Performance • CT	● Active • DV	
20:00 a 21:00	● Active • DV ● Performance • JIP ● Personal • DF	● Active • DV ○ Active Esp • JIP	● Active • DV ● Performance • CT ● Personal • DF	● Active • DV ● Active Espejo • JIP		

## Entrenadores

**DF** • Diego Figueroa / **IR** • Isabel Romero  
**EF** • Eduardo Fuentes / **CT** • Carlos Tarride  
**RC** • Rocío Cordero / **DV** • Daniela Venables  
**VC** • Vicente Cortés / **JIP** • José Ignacio Puyol

## Entrenamientos

● Active     ● Active Refuerzo     ● Active Espejo     ● Ac-Nuevo     ● Personal  
 ● Performance     ● Performance Espejo     ● Performance Nuevo     ● Personal Nuevo  
 ● Teen     ● Teen Nuevo     ● Woman     ● Woman Nuevo     ● Senior     ● Senior Nuevo     ● Esencial