

# Horarios de Entrenamiento



Horas	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00 a 7:00	● Performance · EF	● Active · IR ● Performance · EF	● Performance · EF	● Active · IR ● Performance · EF	● Performance · RC	
7:00 a 8:00	● Active · IR ● Performance · EF	● Active · DF ● Performance · EF	● Active · IR ● Performance · EF	● Active · DF ● Performance · EF	● Active · IR ● Performance · RC	
8:00 a 9:00	● Active · IR ● Performance · EF	● Active · DF ● Performance · IR	● Active · IR ● Performance · EF	● Active · DF ● Performance · EF	● Active · DF ● Performance · RC	
9:00 a 10:00	● Active · IR ● Performance · EF	● Active · IR ● Performance · RC	● Active · IR ● Performance · EF	● Active · IR ● Performance · EF	● Active · IR ● Performance · RC	● Active · DV
10:00 a 11:00	● Active · IR ● Senior · RC	● Active · DF ● Senior · RC	● Active · IR ● Senior · RC	● Active · DF ● Senior · RC ● Woman · IR	● Active · IR ● Performance · RC	● Active · DV
11:00 a 12:00	● Active · IR ● Woman · RC	● Active · DF ● Woman · IR	● Active · IR ● Woman · RC	● Active · DF ● Woman · IR	● Active · IR ● Woman · DF	● Active · DV
12:00 a 13:00	● Active · IR ● Senior · RC	● Active · IR ● Senior · RC ● Woman · DF	● Active · IR ● Senior · RC	● Active · IR ● Senior · RC ● Woman · DF	● Active · IR ● Performance · CT ● Senior · DF	
13:00 a 14:00	● Active · IR ● Performance · CT		● Performance · CT	● Active · DF	● Active · DF ● Performance · CT ● Woman · IR	
14:00 a 15:00	● Woman · IR	● Active · DV ● Performance · EF ● Senior · CT ● Woman · IR	● Woman · IR	● Senior · CT	● Personal · DF	
15:00 a 16:00	● Active · DF ● Personal · CT	● Active · IR ● Personal · DV	● Active · DF	● Active · CT	● Performance · CT	
16:00 a 17:00	● Active · DV ● Senior · CT ● Woman · DF	● Personal · CT	● Active · DV ● Performance · CT ● Woman · DF	● Personal · CT	● Personal · CT	
17:00 a 18:00	● Active · DV ● Performance · CT ● Teen · DF	● Performance · DV ● Teen · CT	● Active · DV ● Performance · CT ● Teen · DF	● Performance · DV ● Teen · CT	● Active · DV ● Performance · CT	
18:00 a 19:00	● Active · DV ● Personal · CT	● Active · DV ● Performance · CT	● Active · DV ● Personal · CT	● Active · DV ● Performance · CT	● Active · DV ● Performance · RC	
19:00 a 20:00	● Active · DV ● Performance · CT	● Active · DV ● Performance · CT	● Active · DV ● Performance · CT	● Active · DV ● Performance · CT	● Active · DV ● Performance · CT	
20:00 a 21:00	● Active · DV ● Performance · CT ● Personal · DF	● Active · DV	● Active · DV ● Performance · CT ● Personal · DF	● Active · DV ● Performance · CT		

## Entrenadores

DF · Diego Figueroa / IR · Isabel Romero / EF · Eduardo Fuentes  
CT · Carlos Tarride / RC · Rocío Cordero / DV · Daniela Venables

## Entrenamientos

● Active ● Performance ● Personal  
● Teen ● Woman ● Senior