

Horarios de Entrenamiento

Horario	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00 a 7:00	Master - EF Master - LS		Master - EF Master - LS			
7:00 a 8:00	Team - IR Master - EF Master - LS One - CT	Team - DF Master - IR Master - EF	Team - IR Master - EF Master - LS One - CT	Team - DF Master - IR Master - EF	Team - DF Master - CT	
8:00 a 9:00	Team - IR Master - EF One - CT	Team - DF	Team - IR Master - EF One - CT	Team - DF Master - EF	Team - DF Master - CT One - LS	Master - IR
9:00 a 10:00	Team - IR Master - CT Master - EF	Team - DF Team - IR	Team - IR Master - EF Master - CT	Team - DF Team - IR Master - EF	Team - DF Team - LS Master - CT	Team - IR
10:00 a 11:00	Team - IR Master - CT	Team - DF Team - IR Master - EF	Team - IR Master - CT	Team - DF Team - IR Master - EF	Team - DF Team - IR Master - CT	Team - IR
11:00 a 12:00	Team - IR One - CT	Team - DF Woman Fit - IR	Team - IR One - CT	Team - DF Woman Fit - IR	Team - IR One - CT	Team - IR
12:00 a 13:00	Team - IR Senior Fit - CT	Team - DF Team - IR	Team - IR Senior Fit - CT	Team - DF	Team - IR Senior Fit - CT	
13:00 a 14:00	Team - IR Master - CT		Master - CT Master - EF Woman Fit - IR	Master - EF	Team - IR Master - CT	
14:00 a 15:00	Master - EF Woman Fit - IR	Master - EF Senior Fit - CT		Senior Fit - CT	Woman Fit - IR	
15:00 a 16:00	Team - DF Master - CT	Master - CT	Team - DF Master - CT	Master - CT	Master - CT	
16:00 a 17:00	Teen Fit - DF	One - CT	Teen Fit - DF	One - CT	Team - IR One - CT	
17:00 a 18:00	Team - DF Team - LS	Team - IR Master - LS Teen Fit - CT	Team - DF Team - LS	Team - IR Master - LS Teen Fit - CT	Master - CT Team - LS	
18:00 a 19:00	Team - DF Team - LS	Team - IR Master - CT Master - LS	Team - DF Team - LS	Team - IR Master - CT Master - LS	Master - CT Team - LS	
19:00 a 20:00	Team - DF Team - LS	Team - IR Master - CT Master - LS	Team - DF Team - LS	Team - IR Master - CT Master - LS	Master - CT Team - LS	

Entrenadores

DF: Diego Figueroa IR: Isabel Romero EF: Eduardo Fuentes CT: Carlos Tarride LS: Luis Silva