

Horarios de Entrenamiento

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

Entrenadores

DF · Diego Figueroa IR · Isabel Romero EF · Eduardo Fuentes
CT · Carlos Tarride RC · Rocío Cordero NV · Nicole Valenzuela

Entrenamientos

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