

Coordinación de Servicios Generales

Horario de Entrenamientos Deportivos Otoño 2018

Deporte	Entrenador o Instructor	Lunes	Martes	Miércoles	Jueves	Viernes	Lugar
Ajedrez 8:00 a 16:00 hrs	Eduardo Vázquez Fernández	09:00-14:00	09:00-14:00	09:00-14:00	09:00-14:00	09:00-14:00	Sala de Ajedrez
Acond Físico Gral Spinning 7:00 a 15:00 hrs	Miguel J.M. Sánchez Alcocer	8:00 a 14:00 hrs	8:00 a 14:00 hrs	8:00 a 14:00 hrs	8:00 a 14:00 hrs	8:00 a 14:00 hrs	Sala de Spinning
Acond. Físico/Pesas 8:00 a 16:00 hrs	David Piñon Toledo	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	GYM de Pesas
Acond. Físico/Pesas 10:00 a 18:00 hrs	Josè de Jesùs Sánchez Moran	11:00 a 17:30 hrs	11:00 a 17:30 hrs	11:00 a 17:30 hrs	11:00 a 17:30 hrs	11:00 a 17:30 hrs	GYM de Pesas
Basquetbol Varonil 8:00 a 16:00 hrs	Gerardo Tejada Zuñiga	10:00 a 12:00 hrs 14:00 a 16:00 hrs	10:00 a 12:00 hrs 14:00 a 16:00 hrs	10:00 a 12:00 hrs 14:00 a 16:00 hrs	10:00 a 12:00 hrs 14:00 a 16:00 hrs	10:00 a 12:00 hrs 14:00 a 16:00 hrs	Cancha # 1 de Basquetbol
Basquetbol Femenil 8:00 a 16:00 hrs	Juan Carlos Angeles Zavala	08:00 a 10:00 hrs 12:00 a 14:00 hrs	08:00 a 10:00 hrs 12:00 a 14:00 hrs	08:00 a 10:00 hrs 12:00 a 14:00 hrs	08:00 a 10:00 hrs 12:00 a 14:00 hrs	08:00 a 10:00 hrs 12:00 a 14:00 hrs	Cancha # 2 de Basquetbol
Halterofilia 8:00 a 16:00 hrs	Anca Ionela Mateescu	8:30 a 14:00 hrs	8:30 a 14:00 hrs	8:30 a 14:00 hrs	8:30 a 14:00 hrs	8:30 a 14:00 hrs	GYM de Pesas
Futbol Rápido 10:00 a 18:00 hrs	Samuel Meléndez Domínguez	11:00 a 13:00 hrs 15:00 a 17:00 hrs	11:00 a 13:00 hrs 15:00 a 17:00 hrs	11:00 a 13:00 hrs 15:00 a 17:00 hrs	11:00 a 13:00 hrs 15:00 a 17:00 hrs	11:00 a 13:00 hrs 15:00 a 17:00 hrs	Cancha de Futbol Rápido
Futbol Soccer 8:00 a 16:00 hrs	Zeltzin Mera Mosco	09:00 a 11:00 hrs 14:00 a 16:00 hrs	09:00 a 11:00 hrs 11:30 a 13:30 hrs	09:00 a 11:00 hrs 14:00 a 16:00 hrs	09:00 a 11:00 hrs 11:30 a 13:30 hrs	09:00 a 11:00 hrs 14:00 a 16:00 hrs	Campo # 1 Soccer y GYM de pesas
Educ. Física (Cardio) 8:00 a 16:00 hrs	José Luis Sánchez González	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	9:00 a 14:00 hrs	Gym Cardio
Voleibol Femenil 08:00 a 16:00 hrs	José de Jesús Moreno López	08:00 a 10:00 hrs 11:00 a 13:00 hrs 14:00 a 16:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 14:00 a 16:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 14:00 a 16:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 14:00 a 16:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 14:00 a 16:00 hrs	Cancha #1 de Voleibol
Voleibol Varonil 8:00 a 16:00 hrs	Félix Castillo Bolaños	10:00 a 12:00 HRS 12:00 a 14:00 hrs	10:00 a 12:00 hrs 12:00 a 14:00 hrs	10:00 a 12:00 HRS 12:00 a 14:00 hrs	10:00 a 12:00 HRS 12:00 a 14:00 hrs	10:00 a 12:00 HRS 12:00 a 14:00 hrs	Cancha #2 de Voleibol