

Coordinación de Servicios Generales

HORARIO DE ENTRENAMIENTOS DEPORTIVOS INVIERNO 2019

DEPORTE	ENTRENADOR O INSTRUCTOR	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	LUGAR
Ajedrez	Eduardo Vázquez Fernández	11:00-16:00	11:00-16:00	11:00-16:00	11:00-16:00	11:00-16:00	Sala de Ajedrez
Acond Físico Gral Spinning	Miguel J.M. Sánchez Alcocer	8:00 a 14:00 hrs	8:00 a 13:00 hrs	8:00 a 13:00 hrs	8:00 a 13:00 hrs	8:00 a 13:00 hrs	Sala de Spinning
Acond. Físico/Pesas	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	Josè de Jesús Sánchez Moran	10:00 a 17:30 hrs	10:00 a 17:30 hrs	10:00 a 17:30 hrs	10:00 a 17:30 hrs	10:00 a 17:30 hrs	GYM de Pesas
Atletismo	Yovanna Stefany Martínez Rodríguez	07:30 a 12:30 hrs	07:30 a 12:30 hrs	07:30 a 12:30 hrs	07:30 a 12:30 hrs	07:30 a 12:30 hrs	Circuito de Corredores
Basquetbol Varonil	Gerardo Tejada Zuñiga	10:00 a 12:00 hrs 15:00 a 17:00 hrs	10:00 a 12:00 hrs 15:00 a 17:00 hrs	10:00 a 12:00 hrs 15:00 a 17:00 hrs	10:00 a 12:00 hrs 15:00 a 17:00 hrs	10:00 a 12:00 hrs 15:00 a 17:00 hrs	Cancha # 1 de Basquetbol
Basquetbol Femenil	Juan Carlos Angeles Zavala	07:00 a 10:00 hrs 11:00 a 14:00 hrs	07:00 a 10:00 hrs 11:00 a 14:00 hrs	07:00 a 10:00 hrs 11:00 a 14:00 hrs	07:00 a 10:00 hrs 11:00 a 14:00 hrs	07:00 a 10:00 hrs 11:00 a 14:00 hrs	Cancha # 2 de Basquetbol
Halterofilia	Anca Ionela Mateescu	09:00 a 11:50 hrs 12:00 a 14:00 hrs	09:00 a 11:50 hrs 12:00 a 14:00 hrs	09:00 a 11:50 hrs 12:00 a 14:00 hrs	09:00 a 11:50 hrs 12:00 a 14:00 hrs	09:00 a 11:50 hrs 12:00 a 14:00 hrs	GYM de Pesas
Futbol Rápido							Cancha de Futbol Rápido
Futbol Soccer	Zeltzin Mera Mosco	10:30 a 12:30 hrs ER 15:00 a 17:00 hrs PNF	07:30 a 09:30 hrs PNF 10:30 a 12:30 hrs ER	10:30 a 12:30 hrs PNF 10:30 a 12:30 hrs ER 15:00 a 17:00 hrs PNF	07:30 a 09:30 hrs PNF 10:30 a 12:30 hrs ER	10:30 a 12:30 hrs PNF 10:30 a 12:30 hrs ER 15:00 a 17:00 hrs PNF	Campo # 1 Soccer y GYM de pesas
Educ. Física (Cardio)	José Luis Sánchez González	9:00 a 14:30 hrs	9:00 a 14:30 hrs	9:00 a 14:30 hrs	9:00 a 14:30 hrs	9:00 a 14:30 hrs	Gym Cardio
Voleibol Femenil	José de Jesús Moreno López	08:00 a 10:00 hrs 11:00 a 13:00 hrs 13:00 a 15:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 13:00 a 15:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 13:00 a 15:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 13:00 a 15:00 hrs	08:00 a 10:00 hrs 11:00 a 13:00 hrs 13:00 a 15:00 hrs	Cancha #1 de Voleibol
Voleibol Varonil	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