



Indoor Cycling

Sede Calle 122 Horario 2018

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		RPM (RAFAEL)		TRAINING BIKE (DANIEL)			
7:00 a.m.	DIA DE CARRERA (LASCARRO)		FUERZA (ANDREA)				
8:00 a.m.							
7:30 a.m.					FONDO (JESUS)		
8:30 a.m.							
9:00 a.m.							
10:00 a.m.						ADVANCE (RAFAEL)	
11:00 a.m.							
12:00 p.m.							
6:30 p.m.	ADVANCE (ANDRÉS)	INTERVALOS (HERNAN)	FONDO (MARIO)	INTERVALOS (ARNOLD)			
7:00 p.m.							
7:30 p.m.	RPM (ANDRÉS)	FONDO (HERNAN)	ADVANCE (MARIO)	FONDO (ARNOLD)			
8:00 p.m.							
8:30 p.m.							