



**Indoor
Cycling**

**Sede Cedritos
Horario 2019**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		FONDO (CAMILO SANDOVAL)		ADVANCE (MARISTELA)			
6:30 a.m.	FONDO (MARISTELA)		ADVANCE (JHONNY CAMARGO)		HIT (ANDREA)		
7:00 a.m.	FONDO (MARISTELA)		ADVANCE (JHONNY CAMARGO)				
7:30 a.m.	ADVANCE (MARISTELA)		FONDO (ALEJANDRO GALINDO)				
8:00 a.m.	ADVANCE (MARISTELA)		FONDO (ALEJANDRO GALINDO)				
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.						TRAINING BIKE (DANIEL OTERO)	
10:30 a.m.							TRAINING BIKE (DANIEL OTERO)
4:00 p.m.							
5:00 p.m.		ADVANCE (JHONNY CAMARGO)		HIIT (WILLIAM MONTAÑA)			
6:00 p.m.		ADVANCE (JHONNY CAMARGO)		HIIT (WILLIAM MONTAÑA)			
6:30 p.m.	HIIT (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	FONDO (ANDREA PONTUGA)	INTERVALOS (ARNOLD BRIÑEZ)			
7:00 p.m.	HIIT (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	INTERVALOS (ANDREA PONTUGA)	INTERVALOS (ARNOLD BRIÑEZ)			
7:30 p.m.	ADVANCE (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	INTERVALOS (ANDREA PONTUGA)	ADVANCE (ARNOLD BRIÑEZ)			