




Indoor  
Cycling

Sede calle 122  
Horario 2018

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		ADVANCE (JHON)	FONDO (JHON)	RPM (VICTOR)	ADVANCE (ARNOLD)		
7:00 a.m.	FONDO (LUIS)	INTERVALOS (LUIS)	INTERVALOS (LUIS)	FONDO (LUIS)			
8:00 a.m.							
9:00 a.m.						ADVANCE (JHON)	
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
6:30 p.m.	ADVANCE (JHON)	INTERVALOS (HERNAN)	FONDO (MARIO)	INTERVALOS (ARNOLD)			
7:00 p.m.	RPM (VICTOR)						
7:30 p.m.		FONDO (HERNAN)	ADVANCE (MARIO)	FONDO (ARNOLD)			
8:00 p.m.							