

ENTRENAMIENTOS

PABELLÓN										
DIA	Hora\Mesa	1	2	3	4	5	6	7	8	9
6	17:00 - 20:00	(rondas de 20 min) MÁX.18 PERSONAS POR RONDA								

SALA ENTRENAMIENTO						
DIA	Hora\Mesa	1	2	3	4	5
6	17:00 - 20:00	(rondas de 20 min) MÁX.10 PERSONAS POR RONDA				

PABELLÓN									
DIA	Hora\Mesa	1	2	3	4	5	6	7	8
7	08:00-08:10	ALM	ALM	ALM	ALM	ALF	ALF	ALF	ALF
7	08:10-08:20	BEM	BEM	BEM	BEM	BEF	BEF	BEF	BEF
7	08:20-08:30	JUM	JUM	JUM	JUM	JUF	JUF	JUF	JUF
7	08:30-08:40	INM	INM	INM	INM	INF	INF	INF	INF

SALA ENTRENAMIENTO					
DIA	Hora\Mesa	1	2	3	4
7	09:00-09:15	JUM	JUM	JUM	JUM
7	09:15-09:30	JUF	JUF	JUF	JUF
7	09:30-09:45	BEF	BEF	BEF	BEF
7	10:00-10:15	BEM	BEM	BEM	BEM
7	10:15-10:30	ALM	ALM	ALM	ALM
7	10:30-10:45	ALF	ALF	ALF	ALF
7	10:45-11:00	INM	INM	INM	INM
7	11:00-11:15	INF	INF	INF	INF
7	11:15-11:30	JUF	JUF	JUF	JUF
7	11:30-11:45	JUM	JUM	JUM	JUM
7	11:45-12:00	BEM	BEM	BEM	BEM
7	12:00-12:15	BEF	BEF	BEF	BEF
7	12:15-12:30	ALF	ALF	ALF	ALF
7	12:30-12:45	ALM	ALM	ALM	ALM
7	12:45-13:00	INF	INF	INF	INF
7	13:00-13:15	INM	INM	INM	INM

ENTRENAMIENTOS

PABELLÓN									
DIA	Hora\Mesa	1	2	3	4	5	6	7	8
7	15:40-15:50	INM	INM	INM	INM	INF	INF	INF	INF
7	15:50-16:00	ALM	ALM	ALM	ALM	ALF	ALF	ALF	ALF
7	16:00-16:10	BEM	BEM	BEM	BEM	BEF	BEF	BEF	BEF
7	16:10-16:20	JUM	JUM	JUM	JUM	JUF	JUF	JUF	JUF

SALA ENTRENAMIENTO					
DIA	Hora\Mesa	1	2	3	4
7	16:30-16:45	BEF	BEF	BEF	BEF
7	16:45-17:00	BEM	BEM	BEM	BEM
7	17:00-17:15	ALM	ALM	ALM	ALM
7	17:15-17:30	ALF	ALF	ALF	ALF
7	17:30-17:45	INM	INM	INM	INM
7	17:45-18:00	INF	INF	INF	INF
7	18:15-18:30	JUM	JUM	JUM	JUM
7	18:30-18:45	JUF	JUF	JUF	JUF
7	18:45-19:00	BEM	BEM	BEM	BEM
7	19:00-19:15	BEF	BEF	BEF	BEF
7	19:15-19:30	ALF	ALF	ALF	ALF
7	19:30-19:45	ALM	ALM	ALM	ALM

ENTRENAMIENTOS

PABELLÓN

DIA	Hora\Mesa	1	2	3	4	5	6	7	8
8	08:00-08:10	ALM	ALM	ALM	ALM	ALF	ALF	ALF	ALF
8	08:10-08:20	BEM	BEM	BEM	BEM	BEF	BEF	BEF	BEF
8	08:20-08:30	JUM	JUM	JUM	JUM	JUF	JUF	JUF	JUF
8	08:30-08:40	INM	INM	INM	INM	INF	INF	INF	INF

SALA ENTRENAMIENTO

DIA	Hora\Mesa	1	2	3	4
8	09:00-09:15	JUM	JUM	JUM	JUM
8	09:15-09:30	JUF	JUF	JUF	JUF
8	09:30-09:45	BEF	BEF	BEF	BEF
8	10:00-10:15	BEM	BEM	BEM	BEM
8	10:15-10:30	ALM	ALM	ALM	ALM
8	10:30-10:45	ALF	ALF	ALF	ALF
8	10:45-11:00	BEM	BEM	BEM	BEM
8	11:00-11:15	BEF	BEF	BEF	BEF
8	11:15-11:30	ALM	ALM	ALM	ALM
8	11:30-11:45	ALF	ALF	ALF	ALF
8	11:45-12:00	INF	INF	INF	INF
8	12:00-12:15	INM	INM	INM	INM

SALA ENTRENAMIENTO

8	12:15-12:30	JUM	JUM	JUM	JUM
8	12:30-12:45	JUF	JUF	JUF	JUF
8	12:45-13:00	BEF	BEF	BEF	BEF
8	13:00-13:15	BEM	BEM	BEM	BEM
8	13:15-13:30	ALF	ALF	ALF	ALF
8	13:30-13:45	ALM	ALM	ALM	ALM
8	13:45-14:00	INM	INM	INM	INM
8	14:00-14:15	INF	INF	INF	INF
8	14:15-14:30	JUF	JUF	JUF	JUF
8	14:30-14:45	JUM	JUM	JUM	JUM