

# MUSCULACIÓN / CARDIO

## Instructores & Horarios



HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	HORARIO
5:00 6:00	Bairo Barcia	Bairo Barcia	Bairo Barcia	Bairo Barcia	Bairo Barcia		5:00 6:00
6:00 7:00	Bairo Barcia Bryan Beltrán	Bairo Barcia Bryan Beltrán	Bairo Barcia Bryan Beltrán	Bairo Barcia Bryan Beltrán	Bairo Barcia Bryan Beltrán		6:00 7:00
7:00 8:00	Diego Zhañay	Diego Zhañay	Diego Zhañay	Diego Zhañay	Diego Zhañay		7:00 8:00
8:00 9:00	Bairo Barcia Cristian Quizhpe Diego Zhañay	Bairo Barcia Cristian Quizhpe Diego Zhañay	Bairo Barcia Cristian Quizhpe Diego Zhañay	Bairo Barcia Cristian Quizhpe Diego Zhañay	Bairo Barcia Cristian Quizhpe Diego Zhañay		8:00 9:00
9:00 10:00						Daniel Idrovo Bryan Beltrán	9:00 10:00
10:00 11:00	Bairo Barcia Cristian Quizhpe	Bairo Barcia Cristian Quizhpe	Bairo Barcia Cristian Quizhpe	Bairo Barcia Cristian Quizhpe	Bairo Barcia Cristian Quizhpe		10:00 11:00
11:00 12:00							11:00 12:00
12:00 13:00							12:00 13:00
13:00 14:00	Cristian Quizhpe	Cristian Quizhpe	Cristian Quizhpe	Cristian Quizhpe	Cristian Quizhpe		13:00 14:00
14:00 15:00							14:00 15:00
15:00 16:00	Cristian Quizhpe Daniel Idrovo	Cristian Quizhpe Daniel Idrovo	Cristian Quizhpe Daniel Idrovo	Cristian Quizhpe Daniel Idrovo	Cristian Quizhpe Daniel Idrovo		15:00 16:00
16:00 17:00	Daniel Idrovo	Daniel Idrovo	Daniel Idrovo	Daniel Idrovo	Daniel Idrovo		16:00 17:00
17:00 18:00	Daniel Idrovo Diego Zhañay	Daniel Idrovo Diego Zhañay	Daniel Idrovo Diego Zhañay	Daniel Idrovo Diego Zhañay	Daniel Idrovo Diego Zhañay		17:00 18:00
18:00 19:00							18:00 19:00
19:00 20:00	Daniel Idrovo Diego Zhañay Bryan Beltrán	Daniel Idrovo Diego Zhañay Bryan Beltrán	Daniel Idrovo Diego Zhañay Bryan Beltrán	Daniel Idrovo Diego Zhañay Bryan Beltrán	Daniel Idrovo Diego Zhañay Bryan Beltrán		19:00 20:00
20:00 21:00							20:00 21:00
21:00 22:00	Bryan Beltrán Diego Zhañay	Bryan Beltrán Diego Zhañay	Bryan Beltrán Diego Zhañay	Diego Zhañay			21:00 22:00