

# PROGRAMA DE TECNIFICACIÓN - HORARIOS DE ENTRENAMIENTOS TEMPORADA 2016-2017

## PABELLÓN VALVANERA

	LUNES				MARTES			MIÉRCOLES				JUEVES				VIERNES		
17.30	IMC	IFA	17.30	IMB	IFB	17.30	IMA	IMB	IFA	17.30	IMA	IFB	17.30	ADE				
18.30			18.30			18.30				18.30			18.30					
18.30	IMA	IFB	IFC	IFC	IMC	18.30	CM A	CMB	18.30	CM A	IFA	18.30						
19.30													19.30				19.30	19.30
19.30	CFA/B	CM A	19.30	CMC	CMB	19.30	CFA/B	CMC	19.30	CFB	CFA	CFB	19.00	IMB	IMC	IFC		
20.30			20.30			20.30			20.30				20.30					
20.30	JF	DHP	20.30	JF	JMB	20.30	JMB	JMA	20.30	JF	JMA	20.00	CMC	CMB				
21.30			21.30			21.30			21.30			21.30						
21.30	JMA	1° NM	21.30	1° NM	1TM	21.30	1TM	DHP	21.30	DHP	1°NM	21.00	JMB	1TM				
23.00			23.00			23.00			23.00			23.00			22.00			

## PISTA EXTERIOR VALVANERA

	LUNES				MARTES			MIÉRCOLES				JUEVES				VIERNES			
17.30	IMA	IFB	IFC	17.30	IFC	IMC	17.30	CMB	17.30	CM A	IFA	17.30							
18.30				18.30			18.30		18.30										
18.30	IMC	IFA	18.30	IMB	IFB	18.30	IMA	IMB	IFA	18.30	IMA	IFB				18.00	IMB	IMC	IFC
19.30																			
19.30	DHP			19.30	JF		19.30	JMB	CM A	19.30	JF	JMA	19.00	CMC	CMB				
20.30	20.30			20.30		20.30	20.30			20.30									
20.30	JMA	CFA/B	20.30	1° NM		20.30	1TM		20.30	CFB	CFA	CFB	20.00	JMB	1TM				
21.30			21.30	21.30	21.30	21.30	21.30	21.30	21.30				21.00						

## MUSCULACIÓN VALVANERA

	LUNES				MARTES			MIÉRCOLES				JUEVES				VIERNES		
17.30	17.30			17.30		17.30			17.30									
18.30	18.30			18.30		18.30			18.30									
18.30	CM A			CMB		CFA/B			18.00									
19.30															19.30			19.30
19.30	JF			JMB		JMA			19.00						CMC			
20.30																		20.30
20.30	1°NM			1TM		DHP			1°NM			20.00						
21.30															21.30			21.30