

| PROGRAMA: UNICAUCA EN MOVIMIENTO PROYECTO: DEPORTE Y RECREACIÓN PARA TODOS | | | | | | |
|--|--|---|--|--|--|--------|
| SUB PROGRAMA: ESTILOS DE VIDA SALUDABLE | | | | | | |
| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
| CROSSFIT Gimnasio División Administrativa y de Servicios Tecnólogo en Entrenamiento Deportivo German José Ramos Mera | 8:00 a.m. – 10:00 a.m. 2:00 p.m. – 3:00 p.m. 3:00 p.m. – 4:00 p.m. 4:00 p.m. – 5:00 p.m. 6:00 p.m. – 7:00 p.m. 7:00 p.m. – 8:00 p.m. VIRTUAL Cupo libre | 6:00 a.m. – 7:00 a.m. 7:30 a.m. – 8:30 a.m. 9:00 a.m. a 10:00 a.m. 10:30 a.m. – 11:30 a.m. PRESENCIAL Aforo: 8 personas por franja horaria | | 1:00 p.m. – 2:00 p.m. 2:30 p.m. – 3:30 p.m. 4:00 p.m. – 5:00 p.m. 5:30 p.m. – 6:30 p.m. PRESENCIAL Aforo: 8 personas por franja horaria | 8:00 a.m. – 10:00 a.m. 2:00 p.m. – 3:00 p.m. 3:00 p.m. – 4:00 p.m. 4:00 p.m. – 5:00 p.m. 6:00 p.m. – 7:00 p.m. 7:00 p.m. – 8:00 p.m. VIRTUAL Cupo libre | |
| ACTIVIDAD FÍSICA PARA LA SALUD Gimnasio División Administrativa y de Servicios Tecnólogo en Entrenamiento Deportivo José Fernando Bravo Elvira | 6:00 a.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:00 a.m. 10:00 a.m. – 11:00 a.m. VIRTUAL Cupo libre | 6:00 a.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:00 a.m. 10:00 a.m. – 11:00 a.m. VIRTUAL Cupo libre | 1:00 p.m. – 2:00 p.m. 2:30 p.m. – 3:30 p.m. 4:00 p.m. – 5:00 p.m. 5:30 p.m. – 6:30 p.m. PRESENCIAL Aforo: 8 personas por franja horaria | 6:00 a.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:00 a.m. 10:00 a.m. – 11:00 a.m. VIRTUAL Cupo libre | 1:00 p.m. – 2:00 p.m. 2:30 p.m. – 3:30 p.m. 4:00 p.m. – 5:00 p.m. 5:30 p.m. – 6:30 p.m. PRESENCIAL Aforo: 8 personas por franja horaria | |

| | | | | | | |
|---|---|--|---|---|---|--|
| <p>ACTIVIDAD FÍSICA PARA LA SALUD</p> <p>Gimnasio División Administrativa y de Servicios Magíster Victor Hugo Valencia Serna</p> | <p>5:00 a.m. – 6:00 a.m. 6:00 p.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:30 a.m.</p> <p>VIRTUAL Cupo libre</p> | <p>5:00 a.m. – 6:00 a.m. 6:30 a.m. – 7:30 a.m. 8:00 a.m. – 9:00 a.m. 9:30 a.m. – 10:30 a.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>5:00 a.m. – 6:00 a.m. 6:30 a.m. – 7:30 a.m. 8:00 a.m. – 9:00 a.m. 9:30 a.m. – 10:30 a.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>5:00 a.m. – 6:00 a.m. 6:00 p.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:30 a.m.</p> <p>VIRTUAL Cupo libre</p> | <p>5:00 a.m. – 6:00 a.m. 6:00 p.m. – 7:00 a.m. 7:00 a.m. – 8:00 a.m. 8:00 a.m. – 9:00 a.m. 9:00 a.m. – 10:30 a.m.</p> <p>VIRTUAL Cupo libre</p> | |
| <p>ACTIVIDAD FÍSICA PARA LA SALUD</p> <p>Especialista Jersey Flores Pérez</p> | <p>7:30 a.m. a 8:30 a.m. 9:00 a.m. – 10:00 a.m. 10:30 a.m. – 11:30 a.m. 12:00 m. – 1:00 p.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>10:00 a.m. – 12:00 m. 12:00 m. – 2:00 p.m. 6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | <p>7:30 a.m. a 8:30 a.m. 9:00 a.m. – 10:00 a.m. 10:30 a.m. – 11:30 a.m. 12:00 m. – 1:00 p.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>10:00 a.m. – 12:00 m. 12:00 m. – 2:00 p.m. 6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | <p>10:00 a.m. – 12:00 m. 12:00 m. – 2:00 p.m. 6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | |
| <p>HORA SALUDABLE</p> <p>Licenciado en Educación Física Nairo Burbano Sanchez</p> | <p>6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | <p>3:00 p.m. – 4:00 p.m. 4:30 p.m. – 5:30 p.m. 6:00 p.m. – 7:00 p.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | <p>3:00 p.m. – 4:00 p.m. 4:30 p.m. – 5:30 p.m. 6:00 p.m. – 7:00 p.m.</p> <p>PRESENCIAL Aforo: 8 personas por franja horaria</p> | <p>6:00 p.m. – 8:00 p.m.</p> <p>VIRTUAL Cupo libre</p> | |