

**ACTIVIDADES DEPORTIVAS
UNIDAD DEPORTIVA DEL BARRIO 3**



| No. | DEPORTE | HORARIO | ENTRENADOR | TELEFONO |
|------------|-------------------------------|--|--|--------------------------|
| 1 | AJEDREZ | 10:00 A 13:00 HRS. | BENJAMIN BRAVO | 3141383709 |
| 2 | ATLETISMO | 18:00 A 20:00 HRS. | MIGUEL A. CARRASCO AGUILA | 3141021712 |
| 3 | AEROBICS | 07:00 A 9:00 HRS | GEORGINA LOPEZMACIAS | 3141038222 |
| 4 | BAILOTERAPIA | 08:00 A 09:00 HRS 19:00 A 20:30 HRS. | GLADIS ELENA MEZA PEREGRINA | 3141273588 |
| 5 | BALONCESTO | 16:00 A 18:00 HRS 18:00 A 20:00 HRS. | CRISTIAN LEONEL CERVANTES RAMIREZ MARIO DURAN SAINZ | 3141640409 3141572616 |
| 6 | BAILE | 20:00 A 22:30 HRS. | LUIS EXPOSITO GUTIERREZ | 3141273588 |
| 7 | BEISBOL | 17:00 A 19:00 HRS. | CAP. MARIO ESPEJO VIDA | 3141022046 |
| 8 | BOXEO | 19:00 A 21:30 HRS | ERNESTO CABALLERO | 3141393546 |
| 9 | BOXEO | 20:00 A 22:00 HRS | JAIME RODRIGUEZ | 3141630401 |
| 10 | ACOND. FISICO | 17:30 A 18:30 HRS. | CARLOS IVAN CERVANTES HARO | 3141530221 |
| 11 | VOLEIBOL INFANTIL | 17:00 A 20:30 HRS. | ALFREDO OCHOA ZUÑIGA | 3141096483 |
| 12 | VOLEIBOL SALA Y PLAYA FEMENIL | 16:30 A 20:30 HRS. | JOSE LUIS ARCEGA OCHOA | 3141062219 |
| 13 | VOLEIBOL SALA Y PLAYA VARONIL | 16:30 A 20:30 HRS. | VICTOR HUGO MARQUEZ ZUÑIGA | 3141234707 |
| 14 | FUTBOL AMERICANO SEA HAWKS | 08:00 A 10:00 HRS. 16:00 A 19:00HRS. | RICARDO PACHANGO GUADARRAMA | 3141020053 |
| 15 | FUTBOL AMERICANO CICLONES | 08:00 A 10:00 HRS. 16:00 A 19:00HRS. | CARLOS NUÑEZ LOZOYA | 3141630816 |
| 16 | KICK BOXING | 08:00 A 10:00 HRS. 18:00 A 21:00 HRS. | MARCO EHECATZIN PAZ RINCON | 314 1273588 |
| 17 | FUTBOL SOCCER INFANTIL Y JUV. | 16:00 A 20:00 HRS. | MARIA DEL ROSARIO BENITEZ CHAVEZ | 3148726406 |
| 18 | FUTBOL SOCCER FEMENEIL | 17:00 A 20 :00 HRS. | CHRITEAN EULISES VILLA ORANDAIN | 3143769331 |
| 19 | FUTBOL SOCCER JUVENIL | 08:00 A 10 :00 HRS. | BRANDON MANUIEL IBAÑEZ CASTAÑEDA | 3141308516 |
| 20 | FUTBOL SOCCER FEMENIL | 17:00 A 19 HRS. | ELIZABETH LOPEZ HERMOSILLO | 3143057305 |
| 21 | MUAY THAI | 08:00 A 10:00 HRS. 18:00 A 21:00 HRS. | ATLET OHTOKANI PAZ RINCON | 3141273588 |
| 22 | PATRUYA JUVENIL | SABADOS DE 8:00 A 13:HRS. DOMINGOS 15:00 A 21:00 HRS | CMTE. DALIA VIRGEN GONZALEZ | 3141107383 |
| 23 | PENTATHLON DEP. MILT. | SABADOS 16:00 A 18:00 HRS. DOMINGO 08:00 A 13:00 HRS. | ANGEL VASCONCELO ACOSTA | 3141218080 |
| 24 | PORRAS | 18:00 A 21:00 HRS. | MIGUEL ANGEL CARRIEDO ARCEGA | 3141210297 |
| 25 | PATINES | 18:30 A 20:30 HRS. | ROBERTO RUBIO DAMAZO | 4431619804 |
| 26 | YOGA | 07:00 A 08:40 HRS. 18:00 A 19:00 HRS. | CARM,EN LOPEZ PEDRAZA | 3141105736 |

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| 1 | ACOND. FISICO | 17:30 A 18:30 HRS. | ESTHELA FITNES CLUB | 3141577300 |
| 2 | ATLETISMO | 17:30 A 20:30 HRS. | JUAN MARCO JARAMILLO CALVA | 3122102945 |
| 3 | BAILOTERAPIA | 19:00 A 21:00 HRS. | SHEREZAY | 3336622383 |
| 4 | BALONCESTO | 17:00 A 19:00 HRS. | ANDRES OLAVE FARIAS | 3143767351 |
| 5 | ESC. PORTEROS | 18:00 A 19:30 HRS. | JOSE LUIS ESCALERA RAMOS | 3141725025 |
| 6 | DEPORTE ADAPTADO | 17:00 A 19:00 HRS. | ANTONIO MENDEZ LAGUNEZ | 3141479000 |
| 7 | BEISBOL | 17:30 A 19:30 HRS. | MANUEL ALBERTO IBARRA BORUNDA | 3141229193 |
| 8 | BOXEO | 08:00 A 10:00 HRS. 17:00 A 20:00 HRS. | OSCAR HERNANDEZ NAVARRETE | 3141334314 |
| 9 | LEVANTAMIENTO DE PESAS | 17:00 A 19:00 HRS. | SANDRA LUZ GAYTAN DENIS | 3143766575 |
| 10 | NATACION | 07:00 A 12:00 HRS. 16:00 A 21:00 HRS. | SANDRA VENEGAS | 3141184402 |
| 11 | PORRAS FENIX | MIERCOLES JUEVES 19:00 A 20:30 HRS. SABADOS 14:00 A 16:30HRS. DOMINGOS 10:00 A 13:30 HRS. | MARISOL SANCHEZ | 3141067721 |
| 12 | PORRAS XTREME STARS | LUNES, MIERCOLES Y JUEVES 16:00 A 20:30 HRS. | MARIANA CAMACHO | 3141434670 |
| 13 | VOLEIBOL DE PLAYA | 17:00 A 19:00 HRS. | JOSE ALBERTO OREGEL ZEPEDA | 3141247786 |
| 14 | FUTBOL SOCCER | 18:00 A 19:30 HRS. | ELIZABETH LOPEZ HERMOSILLO | 3143057305 |
| 15 | FUTBOL SOCCER | MARTES Y JUEVES 16:00 A 19:30 HRS. | NINIVE OLMOS | 3141450817 |