

FECHA	HORA	TEMA	Coordinado por	ENLACE
Lunes 18 de mayo	11:00 AM	Abdomen	Nelson Fernando Silva	<a href="https://us.bbcollab.com/guest/07c5a860fe6e4b20a56cfb63b4e42294">https://us.bbcollab.com/guest/07c5a860fe6e4b20a56cfb63b4e42294</a>
	6:00 PM	Fuerza y Tono	Juan Felipe Londoño Quiroz	<a href="https://us.bbcollab.com/guest/27c3a352766244eea184b0a8020f2b22">https://us.bbcollab.com/guest/27c3a352766244eea184b0a8020f2b22</a>
	7:00 Pm	Yoga	Isabel Cristina Vergara	<a href="https://us.bbcollab.com/guest/792ae957a3646e7bb72af26e84e3d64">https://us.bbcollab.com/guest/792ae957a3646e7bb72af26e84e3d64</a>
Martes 19 de mayo	11:00 AM	Cardio Boxig	Ximena Murilo	<a href="https://us.bbcollab.com/guest/0ae9f5b5f58d4a59a16f9b9c5f03a6b7">https://us.bbcollab.com/guest/0ae9f5b5f58d4a59a16f9b9c5f03a6b7</a>
	2:00 pm	Autocuidado de la salud para futuras mamás en cuarentena	Ángela María Silva	<a href="https://us.bbcollab.com/guest/f85b478dd7a6449491d2d5a96e155893">https://us.bbcollab.com/guest/f85b478dd7a6449491d2d5a96e155893</a>
	4:00 pm	Lectura y realización de quitapesares	Psicología IPS Universitaria	<a href="https://us.bbcollab.com/guest/13a8a1f40a534300b7118786efe295ae">https://us.bbcollab.com/guest/13a8a1f40a534300b7118786efe295ae</a>
	5:00 PM	Expresión corporal desde la Cultura	Luis Alejandro Bedoya / Lizeht Paola/ Carlos Domínguez / Viviana Caicedo	<a href="https://us.bbcollab.com/guest/04f49c018eb240afa3d2b55be50024c5">https://us.bbcollab.com/guest/04f49c018eb240afa3d2b55be50024c5</a>
	7:00 Pm	Clase de Tabata	Oscar Alberto Mora Andrade Preparador Físico Atlético Huila	<a href="https://us.bbcollab.com/guest/34d49a6b2b3044588f4befefea7a9f8">https://us.bbcollab.com/guest/34d49a6b2b3044588f4befefea7a9f8</a>
Miércoles 20 de mayo	11:00 AM	Entrenamiento Funcional	Jorge Humberto Acevedo	<a href="https://us.bbcollab.com/guest/f8e3bce9244747da87c146b327f7904b">https://us.bbcollab.com/guest/f8e3bce9244747da87c146b327f7904b</a>
	3:00 PM	Técnicas de estudio	Psicología IPS Universitaria	<a href="https://us.bbcollab.com/guest/afa2e6394c004bdf946edacc616c8663">https://us.bbcollab.com/guest/afa2e6394c004bdf946edacc616c8663</a>
	5:00 PM	Zumba	Guillermo Larrahondo Melecio	<a href="https://us.bbcollab.com/guest/18c3e954f23146c8a0ea45e7ee1bf569">https://us.bbcollab.com/guest/18c3e954f23146c8a0ea45e7ee1bf569</a>
	7:00 PM	Tertulia Musical	Profes de Música de las Sedes	<a href="https://us.bbcollab.com/guest/e82ca6e2ff7a40a49f5d2d2283bcda6b">https://us.bbcollab.com/guest/e82ca6e2ff7a40a49f5d2d2283bcda6b</a>
Jueves 21 de mayo	11:00 AM	GAP	Luis Felipe Toro Silva	<a href="https://us.bbcollab.com/guest/1b7c1c542f544b219b126093f31c95a3">https://us.bbcollab.com/guest/1b7c1c542f544b219b126093f31c95a3</a>
	6:00 PM	Entrenamiento Hit	Mario Amar	<a href="https://us.bbcollab.com/guest/f2cc175ec38249328b8033d9e09a0d01">https://us.bbcollab.com/guest/f2cc175ec38249328b8033d9e09a0d01</a>
22 de mayo	10:00 am	Gestión del tiempo	Angela María Silva	<a href="https://us.bbcollab.com/guest/a4e2698e289b4d54aba8aa83a90aa8f6">https://us.bbcollab.com/guest/a4e2698e289b4d54aba8aa83a90aa8f6</a>
	11:00 AM	Rumba	Sebastián Alomaina	<a href="https://us.bbcollab.com/guest/de937c4e257c4a5bb0afde64aafa3197">https://us.bbcollab.com/guest/de937c4e257c4a5bb0afde64aafa3197</a>
	5:30 PM	Entrenamiento del Core en Prevención de Lesiones	Oscar Alberto Mora Andrade Preparador Físico Atlético Huila	<a href="https://us.bbcollab.com/guest/545c017515fa4390bbd7da870a816b73">https://us.bbcollab.com/guest/545c017515fa4390bbd7da870a816b73</a>
	7:00 PM	Video Concierto y Premiación II Concurso de Cuento	Luis Alejandro Bedoya- Contreras Docentes de Música de Cada una de las Sedes	<a href="https://us.bbcollab.com/guest/36fa0865ce3b47f0baa18bf4063d30ea">https://us.bbcollab.com/guest/36fa0865ce3b47f0baa18bf4063d30ea</a>