


R1 SPORT CENTER - HORARIOS 2022

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:35			CROSS TRAINING		CROSS TRAINING		
7:45	CROSS TRAINING + XL	CROSS TRAINING + XL		CROSS TRAINING			
9:00			CROSS TRAINING	WEIGHTLIFTING	CROSS Endurance		
9:15		CROSS TRAINING				CROSS TRAINING	
9:30	CROSS TRAINING	Gimnásticos MB					
10:00					CALISTENIA MB		
10:15		CALISTENIA MB	CROSS Endurance	CROSS TRAINING + XL			CROSS TRAINING
10:30	CROSS TRAINING + XL	WEIGHTLIFTING			CROSS TRAINING	Gimnásticos MB	
11:15					Gimnásticos MB	CROSS TRAINING	
11:30							CROSS TRAINING
11:45	CLUB Z30	CLUB Z30	CLUB Z30		CLUB Z30		
12:00				CROSS TRAINING + XL		CLUB Z30	
14:15	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	 R1 Sport Center <small>R1SPORTCENTER.COM</small>	
15:25				CALISTENIA			
16:30	CROSS TRAINING	CROSS TRAINING + XL	CROSS TRAINING	CROSS TRAINING + XL	CROSS TRAINING		
	CALISTENIA MB			CALISTENIA			
17:00			Gimnásticos MB				
17:45	Gimnásticos MB	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
	CROSS TRAINING						
18:00		Gimnásticos MB		Gimnásticos			
18:15				WEIGHTLIFTING	CROSS TRAINING MB		
19:00	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL		
		CALISTENIA MB					
19:15	CROSS Endurance MB	CROSS Outdoor		CROSS Endurance			
19:30					CROSS Endurance MB		
20:15	CROSS Endurance MB	CROSS Endurance MB	CALISTENIA MB	CROSS TRAINING			
20:30	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL	CROSS TRAINING + XL			



HORARIOS OPEN R1

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:00	OPEN	OPEN	OPEN	OPEN	OPEN		
9:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
11:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
14:00	OPEN	OPEN	OPEN	OPEN	OPEN		
16:30	OPEN	OPEN	OPEN	OPEN	OPEN		
18:00	OPEN	OPEN	OPEN	OPEN	OPEN		
19:45	OPEN	OPEN	OPEN	OPEN			