R1 SPORT CENTER (Mayo 2021)

Hora/Dia	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:45	CROSS Training (14)	CROSS Training (14)	CROSS Training (MB) (9) WEIGHTLIFTING/STRENGTH (9)	CROSS Training (14)	CROSS Training (14) GIMNASTICOS MB (40 mins)		
8:00	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)		
8:50			TUTORIAL (MB) (8)		TUTORIAL (8)		
9:00		GIMNASTICOS MB (40 mins) (12)	MOBILITY (40 mins) (12)				
9:15	CROSS Training (12)	CROSS Training (12)	CROSS Training (MB) (9)	WEIGHTLIFTING/STRENGTH (9)	CROSS Training (12)	WEIGHTLIFTING/STRENGTH (12)	
9:45			WEIGHTLIFTING/STRENGTH (9)			CROSS Training (MB) (10)	CROSS Training (14)
10:00		CALISTENIA (MB) (12)	MOBILITY Performance (12)		CALISTENIA (MB) (10)		
10:30	CROSS Training (12)	CROSS Training (12)	CROSS Training (MB) (9)	CROSS Training (12)	WEIGHTLIFTING/STRENGTH (9)	GIMNASTICOS (40 mins) (12)	
10:45							
11:15					CROSS Training (MB) (9)	CROSS Training (14)	CROSS Training (14)
11:35	TUTORIAL (8)						
12:00	CROSS Training (12)	CALISTENIA (MB) (12) CROSS Training (12)	WEIGHTLIFTING/STRENGTH (9) CROSS Training (MB) (9)	CROSS Training (12)	CROSS Training (12)	CLUB Z30 (20)	
12:30	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)	CLUB Z30 (8)		
13:10	WEIGHTLIFTING/STRENGTH (9)			WEIGHTLIFTING/STRENGTH (9)			
13:45		TUTORIAL (8)			TUTORIAL (8)		
14:15	CROSS Training (14)	CROSS Training (14)	CROSS Training (14)	CALISTENIA (MB) (12) CROSS Training (14)	CROSS Training (14)		
15:25		GIMNASTICOS (40 mins) (10)	TUTORIAL (8)	GIMNASTICOS (40 mins) (10)			
15:30							
16:15							
16:30	CROSS Training (12) CALISTENIA (MB) (12)	CROSS Training (12)	CROSS Training (12)	CROSS Training (12) CALISTENIA (MB) (12)	CROSS Training (10) WEIGHTLIFTING/STRENGTH (9)		
17:00	MOBILITY (40 mins) (8)	MOBILITY MB (40 mins) (12)					
17:15				MOBILITY (8) (40 mins)			
17:30			CROSSKIDS (MB) (12)		CROSSKIDS (MB)(12)		
17:35			CROSS Training (14)		CROSS Training (14)		
17:45	WEIGHTLIFTING/STRENGTH (9) CROSS Training (MB) (9) MOBILITY Performance (8) GIMNASTICOS (40 mins) (8)	WEIGHTLIFTING/STRENGTH (9) CROSS Training (MB) (9) MOBILITY Performance (8) GIMNASTICOS (40 mins) (8)		WEIGHTLIFTING/STRENGTH (9) CROSS Training (MB) (9) MOBILITY Performance (8) GIMNASTICOS (40 mins) (8)			
18:35			TUTORIAL (8)				
18:50			CROSS Training (MB) (9)		CROSS Training (14)		
19:00	CROSS Training (14) CROSS Training (MB) (9)	CROSS Training (14) CALISTENIA (MB) (12)	CROSS Training (14)	CROSS Training (14)	TUTORIAL (8) CLUB Z30 (8)		
19:30	CLUB Z30 (4)	R1 SPARTAN TEAM (12) CLUB Z30 (4)	CLUB Z30 (4)	R1 SPARTAN TEAM (12) CROSS Training (MB) (9) CLUB Z30 (4)	CROSS Training (MB) (9)		
20:00	TUTORIAL (8)						
20:15	CROSS Training (14)	CROSS Training (MB) (9)	CROSS Training (MB) (9) WEIGHTLIFTING/STRENGTH (9) CALISTENIA (12)	CROSS Training (14)			
20:30	CROSS Training (MB) (9)	CROSS Training (14)		CROSS Training (MB) (9)			

R1 Sport Center
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HORARIOS OPEN R1

Hora/Dia	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			