

R1 CROSS TRAINING / HALTEROFILIA desde 05.10.2020

Hora/Dia	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
7:45	CROSS Training	CROSS Training	CROSS Training	CROSS Training	CROSS Training	
8:00	CLUB Z30	CLUB Z30	CLUB Z30	CLUB Z30	CLUB Z30	
9:00	CROSS Training	GIMNASTICOS (30 mins)	CROSS Training	CROSS Training	MOBILITY (30 mins)	
9:30		HALTEROFILIA			FUERZA BASE (40 mins)	
9:45						HALTEROFILIA
10:00		MOBILITY (30 mins)				
10:15						GIMNASTICOS (30 mins)
10:30	CROSS Training	CROSS Training HALTEROFILIA	CROSS Training	CROSS Training	CROSS Training	
11:00						CROSS Training
12:00	CROSS Training CLUB Z30	CLUB Z30	CROSS Training CLUB Z30	CLUB Z30	CLUB Z30	
12:30						CLUB Z30
13:45					MOBILITY (30 mins)	
14:15	CROSS Training	CROSS Training	CROSS Training	CROSS Training	CROSS Training	
15:25	GIMNASTICOS (30 mins)			FUERZA BASE (30 mins)		
16:30		CROSS Training		CROSS Training	CROSS Training	
16:40	CROSS Training		CROSS Training			
17:30		HALTEROFILIA KIDS		HALTEROFILIA	HALTEROFILIA	
17:40		GIMNASTICOS (30 mins)			CROSS KIDS	
17:50	FUERZA BASE (40 mins)		MOBILITY (30 mins)		CROSS Training	
18:00				CROSS Training		
18:15		CROSS Training				
18:30	CROSS Training	HALTEROFILIA	CROSS Training			
18:50					FUERZA BASE (40 mins)	
19:00					CLUB Z30	
19:20		CROSS Training		CROSS Training		
19:30		R1 SPARTAN TEAM		R1 SPARTAN TEAM	CROSS Training	
19:40	CROSS Training		CROSS Training			
20:00	HALTEROFILIA	CLUB Z30	CLUB Z30	CLUB Z30		
20:30		CROSS Training		CROSS Training		
20:50	CROSS Training		CROSS Training			





HORARIOS OPEN R1

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:00	OPEN	OPEN	OPEN	OPEN	OPEN	
9:30		OPEN	OPEN	OPEN	OPEN	OPEN
11:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:30	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	
20:00	OPEN	OPEN	OPEN	OPEN	OPEN	

R1 FITNESS & WELLNES by ONNA desde 05.10.2020

Hora/Dia	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:30		PILATES HIT / ZOOM		PILATES HIT / ZOOM	Powered by  SALUD Y MOVIMIENTO	
9:00						
9:30	PILATES / ZOOM	FUNCIONAL/ ZOOM	PILATES / ZOOM	FUNCIONAL/ ZOOM		
10:00						
10:30		PILATES / ZOOM		PILATES / ZOOM		
11:00						
12:00						
14:00						
14:30		PILATES/ ZOOM		MUJER FIT		
15:00						
15:30	PILATES HIT / ZOOM		FUNCIONAL/ ZOOM			
16:00						
16:30						
17:00		HIPOPRESIVOS SALUD		HIPOPRESIVOS FIT		
17:30	ZUMBA FAMILY 6		PILATES FAMILY 6			
18:00		PILATES/ ZOOM		PILATES/ ZOOM		
18:30	PILATES / ZOOM		FUNCIONAL/ ZOOM			FUNCIONAL/ ZOOM
19:00		ESPALDA SANA		ESPALDA SANA		
19:30	FUNCIONAL/ ZOOM		PILATES/ ZOOM			PILATES HIT/ ZOOM
20:00						
20:30	PILATES HIT/ ZOOM	YOGA (20:45h)	CARDIO-TONO	YOGA (20:45h)		
21:00						