

R1 SPORT CENTER Octubre - Diciembre 2021

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:37			CROSS TRAINING + XL		CROSS TRAINING + XL		
7:45	CROSS TRAINING + XL	CROSS TRAINING + XL		CROSS TRAINING			
8:45							
9:00			CROSS TRAINING	WEIGHTLIFTING	CROSS Endurance		
9:15	CROSS TRAINING	CROSS TRAINING Gimnásticos				CROSS TRAINING	
10:00							
10:15		CALISTENIA MB	CROSS Endurance	CROSS TRAINING + XL	CROSS TRAINING		CROSS TRAINING
10:30	CROSS TRAINING + XL	WEIGHTLIFTING				Gimnásticos	
11:15						CROSS TRAINING	
11:30			CROSS TRAINING				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	CROSS TRAINING + XL	CROSS TRAINING + XL	 R1 Sport Center <small>R1SPORTCENTER.COM</small>	
15:20				CALISTENIA			
15:30				Gimnásticos			
15:45							
16:30	CROSS TRAINING CALISTENIA	CROSS TRAINING + XL	CROSS TRAINING	CROSS TRAINING + XL CALISTENIA	CROSS TRAINING		
17:00			Gimnásticos				
17:40					CROSSKIDS		
17:45	Gimnásticos CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING CROSS Endurance		
18:00		Gimnásticos		Gimnásticos			
19:00	CROSS TRAINING + XL CROSS Endurance	CROSS TRAINING + XL CALISTENIA	CROSS TRAINING + XL	CROSS TRAINING + XL CROSS Endurance	CROSS TRAINING + XL CROSS Endurance		
19:15		CROSS Outdoor					
20:15	CROSS Endurance	CROSS Endurance	CALISTENIA	CROSS Endurance			
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			