

R1 BOX - HORARIOS 2024/2025

Hora/Dia	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:05	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
9:00						CROSS TRAINING	
9:15	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	WEIGHTLIFTING	HYROX		
9:30							
10:15						CROSS TRAINING	CROSS TRAINING
10:30	CROSS TRAINING	WEIGHTLIFTING	CROSS Endurance	CROSS TRAINING	CROSS TRAINING	GYMNASTICS/STRENGHT	
11:30						CROSS TRAINING	CROSS TRAINING
11:45	CLUB Z30	CLUB Z30	CLUB Z30		CLUB Z30		
14:15	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	GYMNASTICS/STRENGHT		
15:25	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	WEIGHTLIFTING	CROSS TRAINING		
16:30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
17:45	CROSS TRAINING FUERZA	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18:00		WEIGHTLIFTING		WEIGHTLIFTING			
19:00	CROSS TRAINING HYROX	CROSS TRAINING GYMNASTICS/STRENGHT	CROSS TRAINING FUERZA	CROSS TRAINING	CROSS TRAINING		
19:15		CROSS Outdoor		CROSS Endurance MB			
20:15				FUERZA			
20:20	CROSS Endurance MB	HYROX	GYMNASTICS/STRENGHT				
20:30	CROSS TRAINING	CROSS TRAINING CROSS Endurance MB	CROSS TRAINING	CROSS TRAINING MB			



HORARIOS OPEN R1 BOX

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	
14:00	OPEN	OPEN	OPEN	OPEN	OPEN		
16:30	OPEN	OPEN	OPEN	OPEN	OPEN		
18:00	OPEN	OPEN			OPEN		
19:45	OPEN	OPEN	OPEN (20:15)				