

R1 CROSS TRAINING / HALTEROFILIA desde 05.10.2020

Hora/Día	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			

