

## R1 SPORT CENTER (08-15.02.2021)

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
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		MOBILITY (40 mins)	GINNASTICOS MB (40 mins)	FUERZA BASE (40 mins)	GINNASTICOS (40 mins)	HALTEROFILIA	
9:15	CROSS Training	CROSS Training (MB)	CROSS Training		CROSS Training		
9:30							
9:45	MOBILITY MB (40 mins)	HALTEROFILIA				CROSS Training (MB)	CROSS Training
10:00		MOBILITY Performance	CALISTENIA MB		CALISTENIA MB	HALTEROFILIA	
10:30	CROSS Training	CROSS Training (MB)	CROSS Training	CROSS Training	CROSS Training		
11:00	MOBILITY MB Performance						
11:15						CROSS Training (MB)	CROSS Training
12:00	CROSS Training	CROSS Training	CROSS Training	CROSS Training	CROSS Training	CLUB Z30	
12:30	CLUB Z30	CLUB Z30	CLUB Z30	CLUB Z30	CLUB Z30		
14:15	CROSS Training	CROSS Training	CROSS Training	CROSS Training	CROSS Training		
15:25	FUERZA BASE (40 mins)		MOBILITY (40 mins)	GINNASTICOS (40 mins)			
15:30					CROSS Training		
16:15					CROSS Training (MB)		
16:30	CROSS Training	CROSS Training	CROSS Training	CROSS Training			
			GINNASTICOS MB (40 mins)	GINNASTICOS MB (40 mins)			
16:50			MOBILITY MB Performance	MOBILITY MB (40 mins)			
17:00			FUERZA BASE (40 mins)	FUERZA BASE (40 mins)			
17:30		HALTEROFILIA	CALISTENIA	MOBILITY MB (40 mins)			
17:35			CROSSKIDS		CROSSKIDS		
17:40			MOBILITY MB Performance		CROSS Training (MB)		
17:45	CROSS Training	CROSS Training	CROSS Training	CROSS Training	HALTEROFILIA		
	CALISTENIA			HALTEROFILIA			
17:55	FUERZA BASE (40 mins)			MOBILITY MB Performance			
				CALISTENIA	CLUB Z30		
18:00	MOBILITY (40 mins)	MOBILITY (40 mins)					
		GINNASTICOS MB (40 mins)					
18:45	HALTEROFILIA	HALTEROFILIA	CROSS Training	CROSS Training			
	CROSS Training (MB)	CROSS Training (MB)					
18:55	MOBILITY Performance	MOBILITY Performance	CROSS Training (MB)	CROSS Training (MB)			
		CALISTENIA					
19:30		R1 SPARTAN TEAM		R1 SPARTAN TEAM			
	CLUB Z30	CLUB Z30	CLUB Z30	CLUB Z30			
19:55	CROSS Training (MB)	CROSS Training (MB)	CROSS Training (MB)	CROSS Training (MB)			
	CROSS Training	CROSS Training	CROSS Training	CROSS Training			



**R1 Sport Center**  
www.r1sportcenter.com



## 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		
17:55	OPEN	OPEN	OPEN	OPEN	OPEN		
19:55	OPEN	OPEN	OPEN	OPEN			