

R1 SPORT CENTER (Mayo 2021)

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:45			WEIGHTLIFTING/STRENGTH				
8:00							
8:50							
9:00							
9:15							
9:45			WEIGHTLIFTING/STRENGTH				
10:00							
10:30							
10:45			WEIGHTLIFTING/STRENGTH				
11:15							
11:35							
12:00							
12:30			WEIGHTLIFTING/STRENGTH				
13:10							
13:45							
14:15							
15:25							
15:30							
16:15							
16:30							
17:00	WEIGHTLIFTING/STRENGTH						
17:15							
17:30							
17:35							
17:45	WEIGHTLIFTING/STRENGTH						
18:35							
18:50							
19:00							
19:30							
20:00							
20:15	WEIGHTLIFTING/STRENGTH						
20:30							



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			