

R1 BOX - HORARIOS 2023

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:05	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS Endurance	CROSS TRAINING		
9:00						CROSS TRAINING	
9:15	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	WEIGHTLIFTING	CROSS Endurance		
9:30				CALISTENIA MB			
10:15						CROSS TRAINING	CROSS TRAINING
10:30	CROSS TRAINING	WEIGHTLIFTING	CROSS Endurance	CROSS TRAINING	CROSS TRAINING	CALISTENIA MB	
11:30						CROSS TRAINING	CROSS TRAINING
11:45	CLUB Z30	CLUB Z30	CLUB Z30		CLUB Z30		
12:30						CLUB Z30	
14:15	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS Endurance	CROSS TRAINING		
15:25		CROSS TRAINING		WEIGHTLIFTING	CROSS TRAINING		
16:30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
17:45	CROSS TRAINING	CROSS TRAINING CROSS TRAINING MB	CROSS TRAINING	CROSS TRAINING CROSS TRAINING MB	CROSS TRAINING CALISTENIA MB		
18:00	FUERZA BASE MB			WEIGHTLIFTING			
19:00	CROSS TRAINING	CROSS TRAINING Gimnásticos MB (1hora)	CROSS TRAINING	CROSS TRAINING FUERZA BASE	CROSS TRAINING		
19:15	CROSS Endurance MB	CROSS Outdoor	CROSS TRAINING MB FUERZA BASE	CROSS Endurance MB	CROSS Endurance MB		
20:15		FUERZA BASE		FUERZA BASE			
20:20	CROSS Endurance MB		CALISTENIA MB				
20:30	CROSS TRAINING	CROSS TRAINING CROSS Endurance MB	CROSS TRAINING	CROSS TRAINING MB CROSS TRAINING			





HORARIOS OPEN R1 BOX

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:05	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)				