RS TRAINING CENTER

CINTA DE CORRER

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 1)**	
08:00 - 09:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 1)**	09:00 - 10:00 **Open Box (Máx 1)**	
09:00 - 10:00 **Open Box (Máx 1)**	09:00 - 10:00 **Open Box (Máx 1)**	09:00 - 10:00 **Open Box (Máx 1)**	09:00 - 10:00 **Open Box (Máx 1)**	09:00 - 10:00 **Open Box (Máx 1)**	10:00 - 11:00 **Open Box (Máx 1)**	
10:00 - 11:00 **Open Box (Máx 1)**	10:00 - 11:00 **Open Box (Máx 1)**	10:00 - 11:00 **Open Box (Máx 1)**	10:00 - 11:00 **Open Box (Máx 1)**	10:00 - 11:00 **Open Box (Máx 1)**	11:00 - 12:00 **Open Box (Máx 1)**	
11:00 - 12:00 **Open Box (Máx 1)**	11:00 - 12:00 **Open Box (Máx 1)**	11:00 - 12:00 **Open Box (Máx 1)**	11:00 - 12:00 **Open Box (Máx 1)**	11:00 - 12:00 **Open Box (Máx 1)**	12:00 - 13:00 **Open Box (Máx 1)**	
12:00 - 13:00 **Open Box (Máx 1)**	12:00 - 13:00 **Open Box (Máx 1)**	12:00 - 13:00 **Open Box (Máx 1)**	12:00 - 13:00 **Open Box (Máx 1)**	12:00 - 13:00 **Open Box (Máx 1)**	13:00 - 14:00 **Open Box (Máx 1)**	
13:00 - 14:00 **Open Box (Máx 1)**	13:00 - 14:00 **Open Box (Máx 1)**	13:00 - 14:00 **Open Box (Máx 1)**	13:00 - 14:00 **Open Box (Máx 1)**	13:00 - 14:00 **Open Box (Máx 1)**		
14:00 - 15:00 **Open Box (Máx 1)**	14:00 - 15:00 **Open Box (Máx 1)**	14:00 - 15:00 **Open Box (Máx 1)**	14:00 - 15:00 **Open Box (Máx 1)**	14:00 - 15:00 **Open Box (Máx 1)**		
15:00 - 16:00 **Open Box (Máx 1)**	15:00 - 16:00 **Open Box (Máx 1)**	15:00 - 16:00 **Open Box (Máx 1)**	15:00 - 16:00 **Open Box (Máx 1)**	15:00 - 16:00 **Open Box (Máx 1)**		
16:00 - 17:00 **Open Box (Máx 1)**	16:00 - 17:00 **Open Box (Máx 1)**	16:00 - 17:00 **Open Box (Máx 1)**	16:00 - 17:00 **Open Box (Máx 1)**	16:00 - 17:00 **Open Box (Máx 1)**		
17:00 - 18:00 **Open Box (Máx 1)**	17:00 - 18:00 **Open Box (Máx 1)**	17:00 - 18:00 **Open Box (Máx 1)**	17:00 - 18:00 **Open Box (Máx 1)**	17:00 - 18:00 **Open Box (Máx 1)**		
18:00 - 19:00 **Open Box (Máx 1)**	18:00 - 19:00 **Open Box (Máx 1)**	18:00 - 19:00 **Open Box (Máx 1)**	18:00 - 19:00 **Open Box (Máx 1)**	18:00 - 19:00 **Open Box (Máx 1)**		
19:00 - 20:00 **Open Box (Máx 1)**	19:00 - 20:00 **Open Box (Máx 1)**	19:00 - 20:00 **Open Box (Máx 1)**	19:00 - 20:00 **Open Box (Máx 1)**	19:00 - 20:00 **Open Box (Máx 1)**		
20:00 - 21:00 **Open Box (Máx 1)**	20:00 - 21:00 **Open Box (Máx 1)**	20:00 - 21:00 **Open Box (Máx 1)**	20:00 - 21:00 **Open Box (Máx 1)**	20:00 - 21:00 **Open Box (Máx 1)**		

28/01/2025

RS TRAINING CENTER

OPEN BOX NO RACKS

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00 **Open Box (Máx 4)**	07:00 - 08:00 **Open Box (Máx 4)**	07:00 - 08:00 **Open Box (Máx 4)**	07:00 - 08:00 **Open Box (Máx 4)**	07:00 - 08:00 **Open Box (Máx 4)**	08:00 - 09:00 **Open Box (Máx 4)**	
08:00 - 09:00 **Open Box (Máx 4)**	08:00 - 09:00 **Open Box (Máx 4)**	08:00 - 09:00 **Open Box (Máx 4)**	08:00 - 09:00 **Open Box (Máx 4)**	08:00 - 09:00 **Open Box (Máx 4)**	09:00 - 10:00 **Open Box (Máx 2)**	
09:00 - 10:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	09:00 - 10:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	09:00 - 10:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 2)**	
10:00 - 11:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	
11:00 - 12:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	
12:00 - 13:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 4)**	
13:00 - 14:00 **Open Box (Máx 4)**	14:00 - 15:00 **Open Box (Máx 6)**	13:00 - 14:00 **Open Box (Máx 4)**	14:00 - 15:00 **Open Box (Máx 6)**	13:00 - 14:00 **Open Box (Máx 4)**		
14:00 - 15:00 **Open Box (Máx 6)**	15:00 - 16:00 **Open Box (Máx 2)**	14:00 - 15:00 **Open Box (Máx 6)**	15:00 - 16:00 **Open Box (Máx 4)**	14:00 - 15:00 **Open Box (Máx 6)**		
15:00 - 16:00 **Open Box (Máx 4)**	16:00 - 17:00 **Open Box (Máx 4)**	15:00 - 16:00 **Open Box (Máx 4)**	16:00 - 17:00 **Open Box (Máx 4)**	15:00 - 16:00 **Open Box (Máx 4)**		
16:00 - 17:00 **Open Box (Máx 4)**	17:00 - 18:00 **Open Box (Máx 4)**	16:00 - 17:00 **Open Box (Máx 4)**	18:00 - 19:00 **Open Box (Máx 4)**	16:00 - 17:00 **Open Box (Máx 4)**		
17:00 - 18:00 **Open Box (Máx 4)**	18:00 - 19:00 **Open Box (Máx 4)**	18:00 - 19:00 **Open Box (Máx 4)**		17:00 - 18:00 **Open Box (Máx 4)**		
19:00 - 20:00 **Open Box (Máx 4)**		19:00 - 20:00 **Open Box (Máx 4)**		18:00 - 19:00 **Open Box (Máx 4)**		
20:00 - 21:00 **Open Box (Máx 4)**		20:00 - 21:00 **Open Box (Máx 4)**		19:00 - 20:00 **Open Box (Máx 4)**		
				20:00 - 21:00 **Open Box (Máx 4)**		

28/01/2025

RS TRAINING CENTER

OPEN BOX RACK ENTRADA

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00 **Open Box (Máx 2)**	07:00 - 08:00 **Open Box (Máx 2)**	07:00 - 08:00 **Open Box (Máx 2)**	07:00 - 08:00 **Open Box (Máx 2)**	07:00 - 08:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	
08:00 - 09:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	09:00 - 10:00 **Open Box (Máx 2)**	
09:00 - 10:00 **Open Box (Máx 2)**	09:00 - 10:00 **Open Box (Máx 2)**	09:00 - 10:00 **Open Box (Máx 2)**	09:00 - 10:00 **Open Box (Máx 2)**	09:00 - 10:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	
10:00 - 11:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 2)**	
11:00 - 12:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 2)**	12:00 - 13:00 **Open Box (Máx 2)**	
12:00 - 13:00 **Open Box (Máx 2)**	12:00 - 13:00 **Open Box (Máx 2)**	12:00 - 13:00 **Open Box (Máx 2)**	12:00 - 13:00 **Open Box (Máx 2)**	12:00 - 13:00 **Open Box (Máx 2)**	13:00 - 14:00 **Open Box (Máx 2)**	
13:00 - 14:00 **Open Box (Máx 2)**	13:00 - 14:00 **Open Box (Máx 2)**	13:00 - 14:00 **Open Box (Máx 2)**	13:00 - 14:00 **Open Box (Máx 2)**	13:00 - 14:00 **Open Box (Máx 2)**		
14:00 - 15:00 **Open Box (Máx 2)**	14:00 - 15:00 **Open Box (Máx 2)**	14:00 - 15:00 **Open Box (Máx 2)**	14:00 - 15:00 **Open Box (Máx 2)**	14:00 - 15:00 **Open Box (Máx 2)**		
15:00 - 16:00 **Open Box (Máx 2)**	15:00 - 16:00 **Open Box (Máx 2)**	15:00 - 16:00 **Open Box (Máx 2)**	15:00 - 16:00 **Open Box (Máx 2)**	15:00 - 16:00 **Open Box (Máx 2)**		
16:00 - 17:00 **Open Box (Máx 2)**	16:00 - 17:00 **Open Box (Máx 2)**	16:00 - 17:00 **Open Box (Máx 2)**	16:00 - 17:00 **Open Box (Máx 2)**	16:00 - 17:00 **Open Box (Máx 2)**		
17:00 - 18:00 **Open Box (Máx 2)**	17:00 - 18:00 **Open Box (Máx 2)**	17:00 - 18:00 **Open Box (Máx 2)**	17:00 - 18:00 **Open Box (Máx 2)**	17:00 - 18:00 **Open Box (Máx 2)**		
18:00 - 19:00 **Open Box (Máx 2)**	18:00 - 19:00 **Open Box (Máx 2)**	18:00 - 19:00 **Open Box (Máx 2)**	18:00 - 19:00 **Open Box (Máx 2)**	18:00 - 19:00 **Open Box (Máx 2)**		
19:00 - 20:00 **Open Box (Máx 2)**	19:00 - 20:00 **Open Box (Máx 2)**	19:00 - 20:00 **Open Box (Máx 2)**	19:00 - 20:00 **Open Box (Máx 2)**	19:00 - 20:00 **Open Box (Máx 2)**		
20:00 - 21:00 **Open Box (Máx 2)**	20:00 - 21:00 **Open Box (Máx 2)**	20:00 - 21:00 **Open Box (Máx 2)**	20:00 - 21:00 **Open Box (Máx 2)**	20:00 - 21:00 **Open Box (Máx 2)**		

28/01/2025

RS TRAINING CENTER

OPEN BOX RACKS SALA

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	07:00 - 08:00 **Open Box (Máx 1)**	08:00 - 09:00 **Open Box (Máx 2)**	
08:00 - 09:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	10:00 - 11:00 **Open Box (Máx 2)**	08:00 - 09:00 **Open Box (Máx 2)**	11:00 - 12:00 **Open Box (Máx 5)**	
10:00 - 11:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	10:00 - 11:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 5)**	
11:00 - 12:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	11:00 - 12:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 5)**	
12:00 - 13:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**	13:00 - 14:00 **Open Box (Máx 4)**	12:00 - 13:00 **Open Box (Máx 4)**		
13:00 - 14:00 **Open Box (Máx 4)**	14:00 - 15:00 **Open Box (Máx 5)**	13:00 - 14:00 **Open Box (Máx 4)**	14:00 - 15:00 **Open Box (Máx 5)**	13:00 - 14:00 **Open Box (Máx 4)**		
14:00 - 15:00 **Open Box (Máx 5)**	15:00 - 16:00 **Open Box (Máx 5)**	14:00 - 15:00 **Open Box (Máx 5)**	15:00 - 16:00 **Open Box (Máx 5)**	14:00 - 15:00 **Open Box (Máx 5)**		
15:00 - 16:00 **Open Box (Máx 5)**		15:00 - 16:00 **Open Box (Máx 5)**		15:00 - 16:00 **Open Box (Máx 5)**		

28/01/2025

RS TRAINING CENTER

PISTA ATLETISMO CALVIÀ

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
		09:30 - 11:00 **Oposiciones Policia (Máx 40)**				
		19:00 - 20:30 **Oposiciones Policia (Máx 55)**				

28/01/2025

RS TRAINING CENTER

ZONA COP

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15 - 09:15 **Deka / Hyrox (Máx 24)**	07:00 - 08:00 **Deka / Hyrox (Máx 20)**	08:15 - 09:15 **Deka / Hyrox (Máx 20)**	07:00 - 08:00 **Deka / Hyrox (Máx 20)**	08:15 - 09:15 **Deka / Hyrox (Máx 32)**	09:00 - 10:00 **Deka / Hyrox (Máx 24)**	
09:30 - 10:30 **Deka / Hyrox (Máx 24)**	08:15 - 09:15 **Entrenamiento Funcional (Máx 24)**	12:00 - 13:00 **Deka / Hyrox (Máx 20)**	08:15 - 09:15 **Entrenamiento Funcional (Máx 24)**	09:30 - 10:30 **Entrenamiento Funcional (Máx 26)**	10:15 - 11:15 **Deka / Hyrox (Máx 24)**	
17:15 - 18:15 **Deka / Hyrox (Máx 20)**	09:30 - 10:30 **Entrenamiento Funcional (Máx 24)**	17:00 - 18:00 **Deka / Hyrox (Máx 24)**	10:45 - 11:45 **Deka / Hyrox (Máx 24)**	10:45 - 11:45 **Entrenamiento Funcional (Máx 30)**		
18:15 - 19:15 **Deka / Hyrox (Máx 20)**	15:30 - 16:30 **Deka / Hyrox (Máx 20)**	18:00 - 19:00 **Deka / Hyrox (Máx 24)**	15:15 - 16:15 **Deka / Hyrox (Máx 20)**	15:30 - 16:30 **Deka / Hyrox (Máx 20)**		
19:15 - 20:15 **Deka / Hyrox (Máx 20)**	17:00 - 18:00 **Deka / Hyrox (Máx 24)**	19:00 - 20:00 **Deka / Hyrox (Máx 20)**	18:15 - 19:15 **Deka / Hyrox (Máx 21)**	17:15 - 18:15 **Deka / Hyrox (Máx 24)**		
20:30 - 21:30 **Entrenamiento Funcional (Máx 24)**	18:00 - 19:00 **Deka / Hyrox (Máx 24)**		19:30 - 20:30 **Deka / Hyrox (Máx 20)**	18:30 - 19:30 **Entrenamiento Funcional (Máx 24)**		
	19:30 - 20:30 **Entrenamiento Funcional (Máx 24)**		20:30 - 21:30 **Entrenamiento Funcional (Máx 24)**	19:30 - 20:30 **Entrenamiento Funcional (Máx 24)**		
	20:30 - 21:30 **Entrenamiento Funcional (Máx 24)**					

28/01/2025

RS TRAINING CENTER

ZONA OCR

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
18:15 - 19:15 **Spartan / OCR (Máx 24)**	09:30 - 10:30 **Spartan / OCR (Máx 20)**	17:15 - 18:15 **Spartan / OCR (Máx 24)**	09:30 - 10:30 **Spartan / OCR (Máx 20)**			
	19:15 - 20:15 **Spartan / OCR (Máx 20)**		19:15 - 20:15 **Spartan / OCR (Máx 20)**			

28/01/2025

RS TRAINING CENTER

ZONA RACK

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00 **Entrenamiento Funcional (Máx 30)**	07:00 - 08:00 **Entrenamiento Funcional (Máx 24)**	07:00 - 08:00 **Entrenamiento Funcional (Máx 30)**	07:00 - 08:00 **Entrenamiento Funcional (Máx 24)**	07:00 - 08:00 **Entrenamiento Funcional (Máx 30)**	08:00 - 09:00 **Entrenamiento Funcional (Máx 24)**	
09:30 - 10:30 **Oposiciones Policia (Máx 20)**	08:15 - 09:15 **Oposiciones Policia (Máx 26)**	09:30 - 10:30 **Entrenamiento Funcional (Máx 24)**	08:15 - 09:15 **Oposiciones Policia (Máx 20)**	09:30 - 10:30 **Oposiciones Policia (Máx 20)**	09:00 - 10:00 **Entrenamiento Funcional (Máx 24)**	
10:45 - 11:45 **Entrenamiento Funcional (Máx 24)**	10:45 - 11:45 **Deka / Hyrox (Máx 34)**	10:45 - 11:45 **Entrenamiento Funcional (Máx 24)**	09:30 - 10:30 **Entrenamiento Funcional (Máx 24)**	12:00 - 13:00 **Entrenamiento Funcional (Máx 24)**	10:15 - 11:15 **Entrenamiento Funcional (Máx 24)**	
12:00 - 13:00 **Entrenamiento Funcional (Máx 24)**	12:00 - 13:00 **Entrenamiento Funcional (Máx 24)**	13:30 - 14:30 **Entrenamiento Funcional (Máx 24)**	12:00 - 13:00 **Entrenamiento Funcional (Máx 24)**	13:30 - 14:30 **Entrenamiento Funcional (Máx 24)**	11:30 - 12:30 **Entrenamiento Funcional (Máx 24)**	
13:30 - 14:30 **Entrenamiento Funcional (Máx 24)**	13:30 - 14:30 **Entrenamiento Funcional (Máx 24)**	15:30 - 16:30 **Entrenamiento Funcional (Máx 30)**	13:30 - 14:30 **Entrenamiento Funcional (Máx 24)**	15:30 - 16:30 **Entrenamiento Funcional (Máx 30)**		
15:30 - 16:30 **Entrenamiento Funcional (Máx 32)**	16:00 - 17:00 **Entrenamiento Funcional (Máx 24)**	16:30 - 17:30 **Entrenamiento Funcional (Máx 24)**	16:15 - 17:15 **Entrenamiento Funcional (Máx 24)**	16:30 - 17:30 **Entrenamiento Funcional (Máx 24)**		
16:30 - 17:30 **Entrenamiento Funcional (Máx 24)**	17:00 - 18:00 **Entrenamiento Funcional (Máx 24)**	17:30 - 18:30 **Entrenamiento Funcional (Máx 24)**	17:15 - 18:15 **Entrenamiento Funcional (Máx 24)**	17:30 - 18:30 **Entrenamiento Funcional (Máx 24)**		
17:30 - 18:30 **Entrenamiento Funcional (Máx 24)**	18:00 - 19:00 **Entrenamiento Funcional (Máx 24)**	18:30 - 19:30 **Entrenamiento Funcional (Máx 24)**	18:15 - 19:15 **Entrenamiento Funcional (Máx 24)**	18:30 - 19:30 **Oposiciones Policia (Máx 20)**		
18:30 - 19:30 **Entrenamiento Funcional (Máx 24)**	19:30 - 20:30 **Oposiciones Policia (Máx 20)**	19:30 - 20:30 **Entrenamiento Funcional (Máx 24)**	19:30 - 20:30 **Oposiciones Policia (Máx 20)**	19:30 - 20:30 **Oposiciones Policia (Máx 20)**		
19:30 - 20:30 **Oposiciones Policia (Máx 20)**	20:30 - 21:30 **Oposiciones Policia (Máx 20)**	20:30 - 21:30 **Entrenamiento Funcional (Máx 24)**	20:30 - 21:30 **Oposiciones Policia (Máx 20)**			
20:30 - 21:30 **Oposiciones Policia (Máx 20)**						

28/01/2025