RS TRAINING CENTER

# CINTA DE CORRER

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 08:00 - 09:00<br>**Open Box (Máx 1)** | |
| 08:00 - 09:00<br>**Open Box (Máx 1)** | 08:00 - 09:00<br>**Open Box (Máx 1)** | 08:00 - 09:00<br>**Open Box (Máx 1)** | 08:00 - 09:00<br>**Open Box (Máx 1)** | 08:00 - 09:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | |
| 09:00 - 10:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | |
| 10:00 - 11:00<br>**Open Box (Máx 1)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | |
| 11:00 - 12:00<br>**Open Box (Máx 1)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | |
| 12:00 - 13:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 1)** | |
| 13:00 - 14:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 1)** | | |
| 14:00 - 15:00<br>**Open Box (Máx 1)** | 14:00 - 15:00<br>**Open Box (Máx 1)** | 14:00 - 15:00<br>**Open Box (Máx 1)** | 14:00 - 15:00<br>**Open Box (Máx 1)** | 14:00 - 15:00<br>**Open Box (Máx 1)** | | |
| 15:00 - 16:00<br>**Open Box (Máx 1)** | 15:00 - 16:00<br>**Open Box (Máx 1)** | 15:00 - 16:00<br>**Open Box (Máx 1)** | 15:00 - 16:00<br>**Open Box (Máx 1)** | 15:00 - 16:00<br>**Open Box (Máx 1)** | | |
| 16:00 - 17:00<br>**Open Box (Máx 1)** | 16:00 - 17:00<br>**Open Box (Máx 1)** | 16:00 - 17:00<br>**Open Box (Máx 1)** | 16:00 - 17:00<br>**Open Box (Máx 1)** | 16:00 - 17:00<br>**Open Box (Máx 1)** | | |
| 17:00 - 18:00<br>**Open Box (Máx 1)** | 17:00 - 18:00<br>**Open Box (Máx 1)** | 17:00 - 18:00<br>**Open Box (Máx 1)** | 17:00 - 18:00<br>**Open Box (Máx 1)** | 17:00 - 18:00<br>**Open Box (Máx 1)** | | |
| 18:00 - 19:00<br>**Open Box (Máx 1)** | 18:00 - 19:00<br>**Open Box (Máx 1)** | 18:00 - 19:00<br>**Open Box (Máx 1)** | 18:00 - 19:00<br>**Open Box (Máx 1)** | 18:00 - 19:00<br>**Open Box (Máx 1)** | | |
| 19:00 - 20:00<br>**Open Box (Máx 1)** | 19:00 - 20:00<br>**Open Box (Máx 1)** | 19:00 - 20:00<br>**Open Box (Máx 1)** | 19:00 - 20:00<br>**Open Box (Máx 1)** | 19:00 - 20:00<br>**Open Box (Máx 1)** | | |
| 20:00 - 21:00<br>**Open Box (Máx 1)** | 20:00 - 21:00<br>**Open Box (Máx 1)** | 20:00 - 21:00<br>**Open Box (Máx 1)** | 20:00 - 21:00<br>**Open Box (Máx 1)** | 20:00 - 21:00<br>**Open Box (Máx 0)** | | |

**22/10/2025**

RS TRAINING CENTER

# OPEN BOX NO RACKS

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 07:00 - 08:00<br>**Open Box (Máx 4)** | 07:00 - 08:00<br>**Open Box (Máx 4)** | 07:00 - 08:00<br>**Open Box (Máx 4)** | 07:00 - 08:00<br>**Open Box (Máx 4)** | 07:00 - 08:00<br>**Open Box (Máx 4)** | 08:00 - 09:00<br>**Open Box (Máx 4)** | |
| 08:00 - 09:00<br>**Open Box (Máx 4)** | 08:00 - 09:00<br>**Open Box (Máx 4)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 4)** | 08:00 - 09:00<br>**Open Box (Máx 4)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | |
| 09:00 - 10:00<br>**Open Box (Máx 3)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 4)** | 09:00 - 10:00<br>**Open Box (Máx 3)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | |
| 10:00 - 11:00<br>**Open Box (Máx 4)** | 11:00 - 12:00<br>**Open Box (Máx 4)** | 10:00 - 11:00<br>**Open Box (Máx 4)** | 11:00 - 12:00<br>**Open Box (Máx 4)** | 10:00 - 11:00<br>**Open Box (Máx 4)** | 11:00 - 12:00<br>**Open Box (Máx 4)** | |
| 11:00 - 12:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | 11:00 - 12:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | 11:00 - 12:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | |
| 12:00 - 13:00<br>**Open Box (Máx 4)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | |
| 13:00 - 14:00<br>**Open Box (Máx 4)** | 14:00 - 15:00<br>**Open Box (Máx 6)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | 14:00 - 15:00<br>**Open Box (Máx 6)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | | |
| 14:00 - 15:00<br>**Open Box (Máx 6)** | 15:00 - 16:00<br>**Open Box (Máx 3)** | 14:00 - 15:00<br>**Open Box (Máx 6)** | 15:00 - 16:00<br>**Open Box (Máx 3)** | 14:00 - 15:00<br>**Open Box (Máx 6)** | | |
| 15:00 - 16:00<br>**Open Box (Máx 3)** | 16:00 - 17:00<br>**Open Box (Máx 3)** | 15:00 - 16:00<br>**Open Box (Máx 4)** | 16:00 - 17:00<br>**Open Box (Máx 3)** | 15:00 - 16:00<br>**Open Box (Máx 3)** | | |
| 16:00 - 17:00<br>**Open Box (Máx 3)** | 17:00 - 18:00<br>**Open Box (Máx 3)** | 16:00 - 17:00<br>**Open Box (Máx 3)** | 20:00 - 21:00<br>**Open Box (Máx 2)** | 16:00 - 17:00<br>**Open Box (Máx 3)** | | |
| 17:00 - 18:00<br>**Open Box (Máx 3)** | 18:00 - 19:00<br>**Open Box (Máx 3)** | 18:00 - 19:00<br>**Open Box (Máx 2)** | | 17:00 - 18:00<br>**Open Box (Máx 4)** | | |
| 19:00 - 20:00<br>**Open Box (Máx 0)** | 20:00 - 21:00<br>**Open Box (Máx 2)** | 19:00 - 20:00<br>**Open Box (Máx 2)** | | 18:00 - 19:00<br>**Open Box (Máx 4)** | | |
| 20:00 - 21:00<br>**Open Box (Máx 2)** | | 20:00 - 21:00<br>**Open Box (Máx 2)** | | 19:00 - 20:00<br>**Open Box (Máx 2)** | | |
| | | | | 20:00 - 21:00<br>**Open Box (Máx 2)** | | |

**22/10/2025**

RS TRAINING CENTER

# OPEN BOX RACK ENTRADA

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 07:00 - 08:00<br>**Open Box (Máx 2)** | 07:00 - 08:00<br>**Open Box (Máx 2)** | 07:00 - 08:00<br>**Open Box (Máx 2)** | 07:00 - 08:00<br>**Open Box (Máx 2)** | 07:00 - 08:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | |
| 08:00 - 09:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | |
| 09:00 - 10:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | 09:00 - 10:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | |
| 10:00 - 11:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | |
| 11:00 - 12:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | |
| 12:00 - 13:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | |
| 13:00 - 14:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | | |
| 14:00 - 15:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 2)** | | |
| 15:00 - 16:00<br>**Open Box (Máx 2)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | | |
| 16:00 - 17:00<br>**Open Box (Máx 2)** | 16:00 - 17:00<br>**Open Box (Máx 2)** | 16:00 - 17:00<br>**Open Box (Máx 2)** | 16:00 - 17:00<br>**Open Box (Máx 2)** | 16:00 - 17:00<br>**Open Box (Máx 2)** | | |
| 17:00 - 18:00<br>**Open Box (Máx 2)** | 17:00 - 18:00<br>**Open Box (Máx 2)** | 17:00 - 18:00<br>**Open Box (Máx 2)** | 17:00 - 18:00<br>**Open Box (Máx 2)** | 17:00 - 18:00<br>**Open Box (Máx 2)** | | |
| 18:00 - 19:00<br>**Open Box (Máx 2)** | 18:00 - 19:00<br>**Open Box (Máx 2)** | 18:00 - 19:00<br>**Open Box (Máx 2)** | 18:00 - 19:00<br>**Open Box (Máx 2)** | 18:00 - 19:00<br>**Open Box (Máx 2)** | | |
| 19:00 - 20:00<br>**Open Box (Máx 2)** | 19:00 - 20:00<br>**Open Box (Máx 2)** | 19:00 - 20:00<br>**Open Box (Máx 2)** | 19:00 - 20:00<br>**Open Box (Máx 2)** | 19:00 - 20:00<br>**Open Box (Máx 2)** | | |
| 20:00 - 21:00<br>**Open Box (Máx 2)** | 20:00 - 21:00<br>**Open Box (Máx 2)** | 20:00 - 21:00<br>**Open Box (Máx 2)** | 20:00 - 21:00<br>**Open Box (Máx 2)** | 20:00 - 21:00<br>**Open Box (Máx 0)** | | |

**22/10/2025**

RS TRAINING CENTER

# OPEN BOX RACKS SALA

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 1)** | 07:00 - 08:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | |
| 08:00 - 09:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 08:00 - 09:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | |
| 10:00 - 11:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | 09:00 - 10:00<br>**Open Box (Máx 1)** | 12:00 - 13:00<br>**Open Box (Máx 4)** | |
| 11:00 - 12:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 11:00 - 12:00<br>**Open Box (Máx 2)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | 10:00 - 11:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 4)** | |
| 12:00 - 13:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 3)** | 12:00 - 13:00<br>**Open Box (Máx 1)** | 13:00 - 14:00<br>**Open Box (Máx 3)** | 11:00 - 12:00<br>**Open Box (Máx 1)** | | |
| 13:00 - 14:00<br>**Open Box (Máx 3)** | 14:00 - 15:00<br>**Open Box (Máx 4)** | 13:00 - 14:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 4)** | 12:00 - 13:00<br>**Open Box (Máx 2)** | | |
| 14:00 - 15:00<br>**Open Box (Máx 4)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | 14:00 - 15:00<br>**Open Box (Máx 4)** | 15:00 - 16:00<br>**Open Box (Máx 2)** | 13:00 - 14:00<br>**Open Box (Máx 3)** | | |
| 15:00 - 16:00<br>**Open Box (Máx 0)** | | 15:00 - 16:00<br>**Open Box (Máx 0)** | | 14:00 - 15:00<br>**Open Box (Máx 4)** | | |
| | | | | 15:00 - 16:00<br>**Open Box (Máx 0)** | | |

**22/10/2025**

RS TRAINING CENTER

# PISTA ATLETISMO CALVIÀ

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| | | 09:00 - 10:30<br>**Oposiciones Policia (Máx 50)** | | | | |
| | | 19:30 - 21:00<br>**Oposiciones Policia (Máx 50)** | | | | |

**22/10/2025**

RS TRAINING CENTER

# ZONA COP

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

**22/10/2025**

RS TRAINING CENTER

## ZONA OCR

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

**22/10/2025**

RS TRAINING CENTER

ZONA RACK

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 07:00 - 08:00<br>**Entrenamiento Funcional (Máx 30)** | 07:00 - 08:00<br>**Entrenamiento Funcional (Máx 24)** | 07:00 - 08:00<br>**Entrenamiento Funcional (Máx 24)** | 07:00 - 08:00<br>**Entrenamiento Funcional (Máx 24)** | 07:00 - 08:00<br>**Entrenamiento Funcional (Máx 30)** | 08:00 - 09:00<br>**Entrenamiento Funcional (Máx 24)** | |
| 09:30 - 10:30<br>**Oposiciones Policia (Máx 20)** | 08:15 - 09:15<br>**Oposiciones Policia (Máx 20)** | 09:30 - 10:30<br>**Entrenamiento Funcional (Máx 24)** | 08:15 - 09:15<br>**Oposiciones Policia (Máx 20)** | 09:30 - 10:30<br>**Oposiciones Policia (Máx 20)** | 09:00 - 10:00<br>**Entrenamiento Funcional (Máx 24)** | |
| 10:45 - 11:45<br>**Entrenamiento Funcional (Máx 24)** | 10:45 - 11:45<br>**Deka / Hyrox (Máx 28)** | 10:45 - 11:45<br>**Entrenamiento Funcional (Máx 24)** | 09:30 - 10:30<br>**Entrenamiento Funcional (Máx 24)** | 10:45 - 11:45<br>**Deka / Hyrox (Máx 24)** | 10:15 - 11:15<br>**Entrenamiento Funcional (Máx 24)** | |
| 12:00 - 13:00<br>**Entrenamiento Funcional (Máx 24)** | 12:00 - 13:00<br>**Entrenamiento Funcional (Máx 24)** | 13:30 - 14:30<br>**Entrenamiento Funcional (Máx 24)** | 10:45 - 11:45<br>**Entrenamiento Funcional (Máx 20)** | 12:00 - 13:00<br>**Entrenamiento Funcional (Máx 24)** | 11:30 - 12:30<br>**Entrenamiento Funcional (Máx 24)** | |
| 13:30 - 14:30<br>**Entrenamiento Funcional (Máx 24)** | 13:30 - 14:30<br>**Entrenamiento Funcional (Máx 24)** | 15:30 - 16:30<br>**Entrenamiento Funcional (Máx 40)** | 12:00 - 13:00<br>**Entrenamiento Funcional (Máx 24)** | 13:30 - 14:30<br>**Entrenamiento Funcional (Máx 24)** | | |
| 15:30 - 16:30<br>**Entrenamiento Funcional (Máx 32)** | 16:00 - 17:00<br>**Entrenamiento Funcional (Máx 24)** | 16:30 - 17:30<br>**Entrenamiento Funcional (Máx 24)** | 13:30 - 14:30<br>**Entrenamiento Funcional (Máx 24)** | 15:30 - 16:30<br>**Entrenamiento Funcional (Máx 24)** | | |
| 16:30 - 17:30<br>**Entrenamiento Funcional (Máx 30)** | 17:00 - 18:00<br>**Entrenamiento Funcional (Máx 30)** | 17:30 - 18:30<br>**Entrenamiento Funcional (Máx 24)** | 16:15 - 17:15<br>**Entrenamiento Funcional (Máx 30)** | 16:30 - 17:30<br>**Entrenamiento Funcional (Máx 24)** | | |
| 17:30 - 18:30<br>**Entrenamiento Funcional (Máx 30)** | 18:00 - 19:00<br>**Entrenamiento Funcional (Máx 30)** | 18:30 - 19:30<br>**Entrenamiento Funcional (Máx 24)** | 17:15 - 18:15<br>**Entrenamiento Funcional (Máx 30)** | 17:30 - 18:30<br>**Entrenamiento Funcional (Máx 24)** | | |
| 18:30 - 19:30<br>**Entrenamiento Funcional (Máx 30)** | 19:30 - 20:30<br>**Oposiciones Policia (Máx 24)** | 19:30 - 20:30<br>**Entrenamiento Funcional (Máx 24)** | 18:15 - 19:15<br>**Entrenamiento Funcional (Máx 30)** | 18:30 - 19:30<br>**Oposiciones Policia (Máx 30)** | | |
| 19:30 - 20:30<br>**Oposiciones Policia (Máx 24)** | 20:30 - 21:30<br>**Oposiciones Policia (Máx 20)** | 20:30 - 21:30<br>**Entrenamiento Funcional (Máx 24)** | 19:30 - 20:30<br>**Oposiciones Policia (Máx 20)** | | | |
| 20:30 - 21:30<br>**Oposiciones Policia (Máx 20)** | | | 20:30 - 21:30<br>**Oposiciones Policia (Máx 20)** | | | |

**22/10/2025**