

HORARIOS SÁBADO

WORKOUT 1 (TC: 20min)		
8:00 AM		Scaled Femenino Heat 1
8:23 AM		Scaled Femenino Heat 2
8:46 AM	Intermedio Femenino Heat 1	Scaled Femenino Heat 3
9:09 AM	Intermedio Masculino Heat 1	Scaled Masculino Heat 1
9:32 AM	Intermedio Masculino Heat 2	Scaled Masculino Heat 2
9:55 AM	Intermedio Masculino Heat 3	Scaled Masculino Heat 3
10:18 AM	RX Masculino Heat 1	Scaled Masculino Heat 4

WORKOUT 2 (TC: 6min)	
10:51 AM	Scaled Femenino Heat 1
11:00 AM	Scaled Femenino Heat 2
11:09 AM	Scaled Femenino Heat 3
11:18 AM	Intermedio Femenino Heat 1
11:27 AM	Scaled Masculino Heat 1
11:36 AM	Scaled Masculino Heat 2
11:45 AM	Scaled Masculino Heat 3
11:54 AM	Scaled Masculino Heat 4
12:03 PM	Intermedio Masculino Heat 1
12:12 PM	Intermedio Masculino Heat 2
12:21 PM	Intermedio Masculino Heat 3
12:30 PM	RX Masculino Heat 1

WORKOUT 3 (TC: 15min)	
12:48 PM	Scaled Femenino Heat 1
1:06 PM	Scaled Femenino Heat 2
1:24 PM	Scaled Femenino Heat 3
1:42 PM	Scaled Masculino Heat 1
2:00 PM	Scaled Masculino Heat 2
2:18 PM	Scaled Masculino Heat 3
2:36 PM	Scaled Masculino Heat 4
2:54 PM	Intermedio Femenino Heat 1
3:12 PM	Intermedio Masculino Heat 1
3:30 PM	Intermedio Masculino Heat 2
3:48 PM	Intermedio Masculino Heat 3
4:06 PM	RX Masculino Heat 1

HEATS SCALED FEMENINO

SCALED FEMENINO: HEAT 1		
WORKOUT 1		8:00 AM
WORKOUT 2		10:51 AM
WORKOUT 3		12:48 PM
Linea	Atleta	Box
1	Cintya González	Holy Program
2	Adriana Escobar Monterroso	Holy Program
3	Isabella Sofia Mendoza Berganza	B. Box Training
4	Siri Villatoro	502
5	Vanessa Ruby Leung Cardenas	Holy Program
6	Ximena Alvarado	1057 training
7	Shelby Mejia	Holy
8	Madelaine Angélica Mendoza Muralles	1057 Training
9	Sofía Bravo	Sport Center
10		

SCALED FEMENINO: HEAT 2		
WORKOUT 1		8:23 AM
WORKOUT 2		11:00 AM
WORKOUT 3		1:06 PM
Linea	Atleta	Box
1	Gabriela De León	Gpower 10
2	Iris María José Sánchez Paz	CrossFit 502
3	Vivian Cuevas	Oaks Crossfit
4	Claudia Gabriela Miranda Consuegra	Be fit
5	Marianela Maldonado Mazariegos	Crossfit Xela
6	Elizabeth Corado	502
7	Melany Ulín	i30Xela
8	Yesenia Gálvez	BeFit
9	Nataly Abigail Pac Coti	CrossFit Xela
10		

SCALED FEMENINO: HEAT 3		
WORKOUT 1		8:46 AM
WORKOUT 2		11:09 AM
WORKOUT 3		1:24 PM
Linea	Atleta	Box
1	Mafer Queché	CrossFit Xela
2	Jennifer Giron	502
3	Amelia Del Rosario Medina Pérez	Holy Program
4	Cinthya Fonseca	Z1
5	Ale Guardado	IBox Xela
6	Fernanda Ortiz	Z1 Elite Fitness
7	Mónica Esther Méndez Fuentes	CrossFit Xela
8	Ana Hernández	Crossfit Xela
9	Melissa Alejandra Caballeros Matas	1057 training
10		

HEATS SCALED MASCULINO

SCALED MASCULINO: HEAT 1		
WORKOUT 1		9:09 AM
WORKOUT 2		11:27 AM
WORKOUT 3		1:42 PM
Linea	Atleta	Box
1	Lopez 86	Sport Center
2	David Luarca	The Box
3	Adrian Rodas	Z1
4	Carlos Hernandez Prillwitz	SpringCity
5	Nacho Pinto	I30 xela
6	Félix Martínez	Z1
7	Sergio Manuel Alvarado González	Holy
8	Carlos Eduardo Ordóñez	Iron Box Mazatenango
9	Marco Toj	1057 Training
10	David Ramirez	180 grados

SCALED MASCULINO: HEAT 2		
WORKOUT 1		9:32 AM
WORKOUT 2		11:36 AM
WORKOUT 3		2:00 PM
Linea	Atleta	Box
1	Roberto Hernández	The Box Mazate
2	José Juan Cal Santos	Sport Center
3	Diego Díaz	IronBox Mazatenango
4	Guillermo Villadeleón	Sport Center
5	Diego Alejandro Morales	1057 Training
6	Mario Perez	Atleta independiente
7	Juan Carlos Rodas González	1057 training
8	Josué Dueñas	Sport Center
9	Jesús Salvador Buchhalter Escobedo	HOLY Inclusivus
10	Mario Augusto López Macario	Ibox Xela

SCALED MASCULINO: HEAT 3		
WORKOUT 1		9:55 AM
WORKOUT 2		11:45 AM
WORKOUT 3		2:18 PM
Linea	Atleta	Box
1	Diustin Alfredo De Paz Lopez	Crossfit Xela
2	Evander Santizo	Holy
3	Emanuel Ordoñez	IronBox Mazatenango
4	William Francisco Ordoñez Florián	Iron box
5	Angel Estuardo Díaz Granillo	PMB
6	Xavi Castillo	I30 xela
7	Alexander Tujal	Sport Center
8	Adriel Gomez	Individual
9	Juan Marcos Arias Morales	1057 training
10		

SCALED MASCULINO: HEAT 4		
WORKOUT 1		10:18 AM
WORKOUT 2		11:54 AM
WORKOUT 3		2:36 PM
Linea	Atleta	Box
1	Gerardo Castañeda	Sport Center
2	Rodolfo Alexander Ramos de León	LionsFitness
3	Luis Hoffens	Sport Center
4	Steve Sitan	Orange Fitness
5	Jose Balsells	1057 Training
6	Alejandro Castro	1057 Training
7	Miguel García	Atleta independiente
8	Oscar Aguilar	Holy
9	Dorian Alonzo	Z1 Xela
10		

HEATS INTERMEDIO FEMENINO

INTERMEDIO FEMENINO: HEAT 1		
WORKOUT 1		8:46 AM
WORKOUT 2		11:18 AM
WORKOUT 3		2:54 PM
Linea	Atleta	Box
1		
2	Kleer Ramos	Sport Center
3	Fernanda Mendoza	Fenix Fit Box
4	Michelle Mendoza	Fenix
5	Katerine Fonseca	Z1 elite fitness
6	Delma Noemí Chávez Martínez	Crossfit Xela
7	Isabella Quilo Sarti	Fenix Fit Box
8	Pamela Hernández	Crossfit Xela
9	Saudy Lopez	Holy
10		

HEATS INTERMEDIO MASCULINO

INTERMEDIO MASCULINO: HEAT 1		
WORKOUT 1		9:09 AM
WORKOUT 2		12:03 PM
WORKOUT 3		3:12 PM
Linea	Atleta	Box
1	Erick Godínez	Independiente
2	Eduardo Castillo	I30 xela
3	Miguel Rosales	Crossfit Xela
4	José Daniel Monroy Carías	The Rooster's Box
5	Oscar Quich	iBox
6	Eddy Mazariegos	Crossfit Xela
7	Juan Pablo Orizabal	Sport Center
8	Alejandro Pardo	Holy Underground
9	Daniel Kadoch	CrossFit Spring City
10	Roger Ordoñez	Z1

INTERMEDIO MASCULINO: HEAT 2		
WORKOUT 1		9:32 AM
WORKOUT 2		12:12 PM
WORKOUT 3		3:30 PM
Linea	Atleta	Box
1	Jonatan Ceballos	Holy
2	Angel Andres Maldonado Quiroa	SportCenter
3	Julio Roberto Garcia Moran	Fenix Fit Box
4	Jose Davila	B. Box Training
5	Ricardo Daniel Lòpez Racancoj	Crossfit xela
6	Julio Villalta	Holy
7	Omar Guox	CrossFit Xela
8	Andony Gonzalez	Be fit
9	Javier Perez	Oaks Crossfit
10	Dixon Urbina	1821 Independence CF

INTERMEDIO MASCULINO: HEAT 3		
WORKOUT 1		9:55 AM
WORKOUT 2		12:21 PM
WORKOUT 3		3:48 PM
Linea	Atleta	Box
1	Ricky Morales	Holy
2	José Rodrigo Castillo Cabrera	Holy Program
3	Luis Felipe González Villagran	1057 training
4	Emanuel Herrera	1057 Training
5	Josué Velasquez	Ibox
6	Alex Villaseca	Sport Center
7	Allan Rodas	Crossfit xela
8	Esdras Mazariegos	I30
9	José Ángel Chuga Wilhelm	Iron Box
10		

HEATS RX MASCULINO

RX MASCULINO: HEAT 1		
WORKOUT 1		10:18 AM
WORKOUT 2		12:30 PM
WORKOUT 3		4:06 PM
Linea	Atleta	Box
1	Josue Ramos	Thebox-bbox
2	Andres Gamarro	Fenix Fit Box
3	Diego Morales	Oaks CF
4	Héctor Citalan	Crossfit Xela
5	Diego Mendoza	B. Box Training
6	Brandon James Cates	Holy Program
7	Jairo Valenzuela	BBOX
8	Freddy Muñoz	Holy Program
9	René Barrera	Fenix Fit Box
10	Roger Gerardo Estrada Velásquez	Holy Program