

PLANNING CLASSES DIRIGIDES

DILLUNS

07:10-08:00 h P	18:00-18:50 h G-2
CROSS TRAINING	STRONG NOU
08:05-08:35 h QNX	18:00-18:50 h G1
QUEENAX BEAT NOU	BODY BALANCE
08:35-08:55 h QNX	18:30-19:20 h P
STRETCHING	CROSS TRAINING
09:00-09:45 h PG	18:30-19:00 h FIT
AQUAGYM	POWER BAND
09:00-09:50 h G1	18:35-19:20 h PP
ZUMBA	POOLBIKE
09:00-09:50 h G-2	19:00-19:30 h QNX
ESTIRAMENTS	QUEENAX BEAT NOU
10:00-10:50 h G1	19:00-19:50 h G-2
PILATES FUSION	BODY COMBAT
11:00-11:50 h G1	19:00-19:45 h SFB
STRONG NOU	FITBIKE
12:00-12:50 h G-2	19:00-19:50 h G1
BODY PUMP NOU	QUEENAX MOVE NOU
12:30-13:00 h QNX	19:30-20:15 h PG
QUEENAX BEAT	AQUAGYM
12:15-13:00 h PP	19:30-20:00 h QNX
POOLBIKE	ABS
13:00-13:50 h G1	19:30-20:20 h P
BODY BALANCE	ZUMBA
14:15-14:45 h QNX	20:00-20:45 h SFB
QUEENAX BEAT NOU	FITBIKE
14:15-15:00 h SFB	20:00-20:50 h G-2
FITBIKE	BODY PUMP
14:15-15:00 h PG	20:00-20:50 h G1
AQUAGYM	PILATES FUSION
14:45-15:05 h QNX	20:20-21:05 h PP
ABS	AQUACROSS
15:10-16:00 h G-2	20:30-21:00 h QNX
BODY PUMP	QUEENAX BEAT NOU
17:00-17:50 h G-2	20:30-21:20 h P
HIPOIOGA	CROSS TRAINING
17:45-18:30 h PP	21:00-21:30 h FIT
POOLBIKE	ABS
18:00-18:45 h SFB	21:00-21:50 h G1
FITBIKE	FITBOXING

DIMARTS

07:10-07:30 h FIT	18:00-18:50 h G1
ABS	PILATES FUSION
07:10-07:55 h SFB	18:00-18:50 h G-2
FITBIKE	EN FORMA
07:30-08:00 h FIT	18:40-19:25 h PP
GLUTIS	POOLBIKE
08:10-08:55 h PG	19:00-19:30 h FIT
AQUAGYM	POWER BAND
09:00-09:45 h PG	19:00-19:45 h SFB
AQUAGYM	FITBIKE
09:15-10:00 h SFB	19:00-19:50 h G1
FITBIKE	QUEENAX MOVE NOU
09:15-10:05 h G1	19:00-19:50 h G-2
EN FORMA	BODY PUMP
10:15-11:05 h G1	19:00-19:50 h P
ZUMBA PILATES	ZUMBA
10:15-11:05 h G-2	19:30-19:55 h QNX
BODY PUMP	ABS
11:15-12:05 h G1	19:30-20:15 h PG
QUEENAX MOVE NOU	AQUAZUMBA NOU
11:15-12:05 h G-2	19:30-20:30 h OUT
HIPOIOGA	KM8
11:30-12:15 h PP	19:30-21:00 h OUT
AQUAMOBILITY	WORKOUT NOU
12:15-13:10 h G1	20:00-20:30 h P
FITBOXING	SCULPT HIIT
13:15-14:05 h P	20:00-20:50 h SFB
CROSS TRANNING	FITBIKE
13:15-14:05 h G1	20:00-20:50 h G-2
BODY BALANCE	BODY COMBAT
14:15-15:00 h SFB	20:20-21:05 h PG
FITBIKE	SWIMMING CLUB
14:15-15:05 h G1	20:20-21:05 h PP
CARDIOTONO	POOLBIKE
18:00-18:30 h QNX	21:00-21:50 h G-2
QUEENAX BEAT NOU	BODY PUMP
18:00-18:45 h SFB	21:00-21:50 h G1
FITBIKE	BODY BALANCE
18:00-18:50 h P	
CROSS TRAINING	

DIMECRES

07:10-08:00 h P	18:00-18:45 h SFB
CROSS TRAINING	FITBIKE
08:05-08:35 h QNX	18:00-18:50 h G1
QUEENAX BEAT NOU	BODY BALANCE
08:35-08:55 h QNX	18:30-19:20 h P
STRETCHING	CROSS TRAINING
09:00-09:45 h PG	18:45-19:30 h PP
AQUAGYM	POOLBIKE
09:00-09:50 h G1	19:00-19:30 h QNX
ZUMBA	POWER BAND
09:00-09:50 h G-2	19:00-19:45 h SFB
BODY PUMP	FITBIKE
10:00-10:50 h G1	19:00-19:50 h G1
PILATES FUSION	QUEENAX MOVE NOU
11:00-11:50 h G1	19:00-19:50 h G-2
STRONG NOU	BODY COMBAT
12:00-12:50 h G1	19:30-20:00 h QNX
POSTURAL NOU	ABS
12:00-12:50 h G-2	19:30-20:15 h PG
BODY PUMP	AQUAGYM
12:15-13:00 h PP	19:30-20:20 h P
POOLBIKE	ZUMBA
12:30-13:00 h QNX	20:00-20:45 h SFB
QUEENAX BEAT NOU	FITBIKE
13:00-13:50 h G1	20:00-20:50 h G-2
BODY BALANCE	BODY PUMP
14:15-14:45 h G1	20:00-20:50 h G1
QUEENAX MOVE	PILATES FUSION
14:15-15:00 h PP	20:20-21:05 h PG
POOLBIKE	SWIMMING CLUB
14:15-15:00 h SFB	20:30-21:00 h QNX
FITBIKE	QUEENAX BEAT NOU
14:45-15:05 h G1	20:30-21:20 h P
ABS	CROSS TRAINING
15:10-16:00 h G1	21:00-21:30 h FIT
FITBOXING	ABS
17:00-17:40 h G-2	21:00-21:50 h G1
HIPOIOGA	FITBOXING
18:00-18:50 h G-2	
STRONG NOU	

DIJOUS

07:10-08:00 h G1	14:15-15:05 h G-2
QUEENAX MOVE	BODY PUMP
08:10-08:40 h FIT	18:00-18:45 h SFB
ABS	FITBIKE
08:10-08:55 h PG	18:00-18:50 h G-2
AQUAGYM	EN FORMA
09:00-09:45 h PG	18:00-18:50 h G1
AQUAGYM	PILATES FUSION
09:15-10:00 h SFB	18:00-18:50 h P
FITBIKE	CROSSTRANING
09:15-10:05 h G1	18:40-19:25 h PP
EN FORMA	POOLBIKE
09:15-10:05 h OUT	19:00-19:45 h SFB
WALKING	FITBIKE
10:15-11:05 h G1	19:00-19:50 h P
ZUMBA PILATES	SCULPT HIIT
10:15-11:05 h G-2	19:00-19:50 h G1
BODY PUMP	FITBOXING
11:15-12:05 h G1	19:00-19:50 h G-2
QUEENAX MOVE	BODY PUMP
11:15-12:05 h G-2	19:30-20:15 h PG
HIPOIOGA	AQUAGYM
11:30-12:15 h PP	19:30-20:30 h OUT
AQUAMOBILITY	KM8
12:15-13:05 h G1	20:00-20:30 h QNX
FITBOXING	QUEENAX BEAT NOU
13:15-14:05 h G1	20:00-20:45 h SFB
BODY BALANCE	FITBIKE
13:15-14:05 h P	20:00-20:50 h G-2
CROSS TRANNING	BODY PUMP
14:15-15:00 h G1	20:20-21:05 h PG
HIPOIOGA	SWIMMING CLUB
14:15-15:00 h PG	21:00-21:50 h G1
SWIMMING CLUB	BODY BALANCE

DIVENDRES

07:10-07:40 h QNX	13:15-14:05 h G1
QUEENAX BEAT NOU	BODY BALANCE
07:40-08:25 h SFB	14:15-15:00 h SFB
FITBIKE	FITBIKE
08:00-08:30 h FIT	18:00-18:45 h SFB
POWER BAND	FITBIKE
08:30-08:50 h FIT	18:00-18:50 h G-2
ABS	BODY PUMP
09:00-09:45 h PG	18:00-18:50 h G1
AQUAZUMBA NOU	PILATES FUSION
09:00-09:50 h G-2	18:00-18:50 h P
ESTIRAMENTS	CROSS TRAINING
09:00-09:50 h G1	19:00-19:45 h SFB
ZUMBA	FITBIKE
09:15-10:00 h SFB	19:00-19:45 h PP
FITBIKE	POOLBIKE
10:00-10:50 h G1	19:00-19:50 h G-2
BODY BALANCE	BODY PUMP
11:00-11:30 h FIT	19:00-19:50 h G1
ABS	BODY BALANCE
11:00-11:50 h G1	20:00-20:50 h G1
STRONG NOU	ESTIRAMENTS
12:15-13:05 h G-2	
BODY PUMP	

DISSABTE

10:00-10:50 h G1	12:50-13:35 h PG
BODY COMBAT	AQUAGYM
11:00-11:45 h SFB	13:00-13:50 h P
FITBIKE	FAMILY FIT
11:00-11:50 h G1	17:45-18:30 h SFB
ZUMBA	FITBIKE
12:00-12:50 h P	18:40-19:30 h P
BODY PUMP	CROSS TRAINING
12:00-12:50 h G1	19:45-20:35 h G1
FITBOXING	FITBOXING

DIUMENGE

09:15-10:00 h PP	12:00-12:50 h G1
POOLBIKE	FIT BOXING
10:05-10:50 h PP	13:00-13:50 h G1
POOLBIKE	BODY BALANCE
11:00-11:45 h SFB	14:00-14:30 h G-2
FITBIKE	BODY PUMP

SERVEI DE NUTRICIÓ

PROGRAMES ESPECIALS PER A CADA NECESSITAT, INDIVIDUAL O FAMILIAR

ESTUDI ANTROPOMÈTRIC



IOGA

NOU HORARI

DIMARTS I DIJOUS
A LES 20 HORES

FISIOTERÀPIA

ACOMPANYEM AL TEU COS AMB DIFERENTS TRACTAMENTS

PREVENCIÓ,
REHABILITACIÓ,
MILLORA DEL TEU RENDIMENT
CONSULTA'NS

INSTAL·LACIONS

Sala de Fitness 100 % digitalitzada amb tecnologia eGYM i Fle-xx / Zona Cardio amb connectivitat / 2 piscines / Spà urbà / Pista de Pàdel / Solàrium / Sala per a entrenaments personals / 2 sales activitats dirigides / Sala Fit Bike / Zona Queenax / Espai funcional

PILATES STUDIO

DIMARTS DE 16:45
A 17:40 HORES



L'ÚNIC
SMART CENTER
DE LA CIUTAT

eGYM

FÀCIL
INTUITIU
ACTUAL

CURSOS DE NATACIÓ

PER A NADONS,
NENS I ADULTS



CREMA
CALORIES
I TONIFICA
EL COS
AL RITME
D'STRONG



QUEENAX BEAT

MONITORITZA
EL TEU ESFORÇ
CONTROLA I SUPERA
ELS TEUS LÍMITS

CENTRE ESPORTIU
JOAN MIRO

PLANNING
2019-2020

Vigent a partir del 2 de setembre

Un lloc per a tothom

HORARIS
Dilluns a divendres de 7 a 23 hores
Dissabte de 8 a 21 hores
Diumenge i festius de 9 a 15 hores
Horari especial caps de setmana d'agost.

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CENTRE ESPORTIU
JOAN MIRO



Ajuntament de
Barcelona

