

PLANNING CLASSES DIRIGIDES

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 G1	17:00-17:45 h G1
POWER BAND	ZUMBA JUNIOR
08:30-08:50 h G1	18:00-18:45 h SFB
ABS	FITBIKE
09:00-09:45 h PG	18:00-18:50 h G-2
AQUAZUMBA NOU	BODY PUMP
09:00-09:50 h G-2	18:00-18:50 h G1
ESTIRAMENTS	PILATES FUSION
09:00-09:50 h G1	18:00-18:50 h P
ZUMBA	CROSS TRAINING
09:15-10:00 h SFB	19:00-19:45 h SFB
FITBIKE	FITBIKE
10:00-10:50 h G1	19:00-19:45 h PP
BODY BALANCE	POOLBIKE
11:00-11:30 h FIT	19:00-19:50 h G-2
ABS + GLUTIS	BODY PUMP
11:00-11:50 h G1	19:00-19:50 h G1
STRONG NOU	BODY BALANCE
12:15-13:05 h G-2	20:00-20:50 h G1
BODY PUMP	ESTIRAMENTS

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	FITBOXING
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

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	QUEENAX MOVE NOU
12:30-13:00 h QNX	19:30-20:15 h PG
QUEENAX BEAT NOU	AQUAGYM
12:15-13:00 h PP	19:30-19:50 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 PG
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	HBX BOXING NOU

DIMARTS

07:10-07:30 h G1	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 G1	18:40-19:25 h PP
GLUTIS	POOLBIKE
08:10-08:55 h PG	19:00-19:30 h QNX
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	HBX 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	19:30-19:50 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	19:30-21:00 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	20:00-20:50 h P
FITBOXING	SCULPT HIIT
13:15-14:05 h P	20:00-20:45 h SFB
CROSS TRAINING	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
HBX FUSION NOU	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	18:00-18:30 h QNX
STRETCHING	QUEENAX BEAT NOU
09:00-09:45 h PG	18:30-19:20 h P
AQUAGYM	CROSS TRAINING
09:00-09:50 h G1	18:45-19:30 h PP
ZUMBA	POOLBIKE
09:00-09:50 h G-2	19:00-19:30 h QNX
BODY PUMP	POWER BAND
10:00-10:50 h G1	19:00-19:45 h SFB
PILATES FUSION	FITBIKE
11:00-11:50 h G1	19:00-19:50 h G1
HBX MOVE NOU	HBX FUSION NOU
12:00-12:50 h G1	19:00-19:50 h G-2
POSTURAL NOU	BODY COMBAT
12:00-12:50 h G-2	19:30-19:50 h QNX
BODY PUMP	ABS
12:15-13:00 h PP	19:30-20:15 h PG
POOLBIKE	AQUAGYM
12:30-13:00 h QNX	19:30-20:20 h P
QUEENAX BEAT NOU	ZUMBA
13:00-13:50 h G1	20:00-20:45 h SFB
BODY BALANCE	FITBIKE
14:15-14:45 h G1	20:00-20:50 h G-2
QUEENAX MOVE	BODY PUMP
14:15-15:00 h PP	20:00-20:50 h G1
POOLBIKE	PILATES FUSION
14:15-15:00 h SFB	20:20-21:05 h PG
FITBIKE	SWIMMING CLUB
14:45-15:05 h G1	20:30-21:00 h QNX
ABS	QUEENAX BEAT NOU
15:10-16:00 h G1	20:30-21:20 h P
FITBOXING	CROSS TRAINING
17:00-17:40 h G-2	21:00-21:30 h FIT
HIPOIOGA	ABS
17:30-18:15 h P	21:00-21:50 h G1
CROSS JUNIOR	FITBOXING
18:00-18:50 h G-2	
STRONG NOU	

DIJOUS

07:10-08:00 h G1	18:00-18:45 h SFB
QUEENAX MOVE	FITBIKE
08:10-08:40 h G1	18:00-18:50 h G-2
ABS	EN FORMA
08:10-08:55 h PG	18:00-18:50 h G1
AQUAGYM	PILATES FUSION
09:00-09:45 h PG	18:00-18:50 h P
AQUAGYM	CROSSTRAINING
09:15-10:00 h SFB	18:40-19:25 h PP
FITBIKE	POOLBIKE
09:15-10:05 h G1	19:00-19:30 h QNX
EN FORMA	QUEENAX BEAT NOU
09:15-10:30 h OUT	19:00-19:45 h SFB
WALKING NOU	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	19:30-21:00 h OUT
AQUAMOBILITY	KM8
12:15-13:05 h G1	20:00-20:30 h QNX
HBX BOXING NOU	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 TRAINING	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
14:15-15:05 h G-2	
BODY PUMP	

G1	GIMNÀS 1	G-2	GIMNÀS -2	PG	PISCINA GRAN
PP	PISCINA PETITA	SFB	SALA FIT BIKE	P	PISTA
Q	ZONA QUEENAX	FIT	SALA FITNESS	OUT	OUTDOOR

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

eGYM

FÀCIL
INTUITIU
ACTUAL

L'ÚNIC
SMART CENTER
DE LA CIUTAT



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



CURSOS DE NATACIÓ

PER A NADONS,
NENS I ADULTS



QUEENAX BEAT

MONITORITZA
EL TEU ESFORÇ
CONTROLA I SUPERA
ELS TEUS LÍMITS



CREMA
CALORIES
I TONIFICA
EL COS
AL RITME
D'STRONG



CENTRE ESPORTIU
JOAN
MIRO

PLANNING
2020

Edició Febrer 2020

Un lloc per a tothom

Ajuntament de
Barcelona



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.

Diputació 17/19

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