

DILLUNS

07:15-08:00 h SFB	18:00-18:45 h PST
Fitbike	Body Combat
09:00-09:45 h PST	18:00-18:45 h SFB
Gimnàstica Senior	Fitbike
09:00-09:45 h PIS	18:55-19:15 h PST
AquaGym Senior	Beat
09:00-09:45 h BOX-2	19:00-19:45 h STD 1
Silver Sculpt	Body Balance
10:00-10:45 h STD 1	19:00-19:45 h BOX-2
Silver Balance	Body Pump
10:00-10:45 h PST	19:00-19:45 h SFB
Estiraments Senior	Fitbike
11:00-11:45 h BOX-2	19:15:20:00 h PIS
Silver HBX Fusion	Aquagym
12:00-12:45 h PIS	19:30-20:15 h PST
AquaGym Senior	Zumba
12:00-12:45 h PST	19:30-21:00 h OUT
Boot Camp	Workout
13:00-13:45 h BOX-2	20:00-20:45 h STD 1
Body Pump	Fusion Pilates
14:15-15:00 h BOX-2	20:00-20:45 h BOX-2
HBX Boxing	Body Pump
14:15-15:00 h SFB	20:00-20:45 h SFB
Fitbike	Fitbike
15:15-16:00 h BOX-2	20:15-21:00 h PIS
Body Pump	Poolbike
18:00-18:45 h STD 1	20:30-21:15 h PST
Silver Hipoïoga	Cross Training
18:00-18:45 h BOX-2	21:00-21:45 h BOX-2
Silver HBX Fusion	Body Combat

DIMARTS

06:30-07:10 h PST	18:00-18:45 h SFB
Boot Camp	Fitbike
07:15-08:00 h BOX-2	18:30-19:15 h PIS
HBX Boxing	Silver Poolbike
08:10-08:55 h PIS	18:55-19:15 h PST
Aquagym	Beat
09:00-09:45 h PST	19:00-19:45 h STD 1
Gimnàstica Senior	Queenax Move
09:00-09:45 h PIS	19:00-19:45 h BOX-2
AquaGym Senior	Body Combat
09:15-10:00 h STD 1	19:00-19:45 h SFB
Zumba Pilates	Fitbike
09:50-10:35 h PIS	19:30-20:15 h PIS
AquaGym Senior	AquaZumba
09:55-10:40 h BOX-2	19:30-20:15 h PST
Silver HBX Boxing	Sculpt FIT
11:55:12:40 h PIS	19:30-21:00 h OUT
Aquagym	Km 8
12:00-12:45 h PST	20:00-20:45 h STD 1
Sculpt FIT	Body Balance
13:00-13:45 h STD 1	20:00-20:45 h BOX-2
Body Balance	Body Pump
14:15-15:00 h PST	20:00-20:45 h SFB
Boot Camp	Fitbike
14:15-15:00 h PIS	20:20-21:05 h PIS
Aquagym	Swimming Club
17:15-18:00 h PST	20:30-21:15 h PST
Boot Camp TEENS	Boot Camp
18:00-18:45 h STD 1	20:55-21:40 h BOX-2
Silver Fusion Pilates	HBX Boxing
18:00-18:45 h BOX-2	
Body Pump	

DIMECRES

06:30-07:10 h SFB	18:00-18:45 h PST
Fitbike	Body Combat
07:15-08:00 h PST	18:00-18:45 h SFB
Boot Camp	Fitbike
09:00-09:45 h PST	18:30-19:15 h PIS
Gimnàstica Senior	Poolbike
09:00-09:45 h PIS	18:55-19:15 h PST
AquaGym Senior	Beat
09:00-09:45 h BOX-2	19:00-19:45 h STD 1
Silver HBX Fusion	Body Balance
10:00-10:45 h STD 1	19:00-19:45 h BOX-2
Silver Balance	Body Pump
10:00-10:45 h PST	19:00-19:45 h SFB
Estiraments Senior	Fitbike
10:00-10:45 h PIS	19:25-20:10 h PIS
AquaGym Senior	Aquagym
11:00-11:45 h BOX-2	19:30-20:15 h PST
Silver HBX Fusion	Zumba
12:00-12:45 h PST	19:30-21:00 h OUT
Boot Camp	Workout
13:00-13:45 h BOX-2	20:00-20:45 h STD 1
Body Pump	Fusion Pilates
14:15-15:00 h BOX-2	20:00-20:45 h BOX-2
HBX Fusión	Body Pump
14:15-15:00 h SFB	20:00-20:45 h SFB
Fitbike	Fitbike
15:15-16:00 h BOX-2	20:15-21:00 h PIS
HBX Boxing	Poolbike
18:00-18:45 h STD 1	20:30-21:15 h PST
Silver Hipoïoga	Cross Training
18:00-18:45 h BOX-2	21:00-21:45 h BOX-2
Silver HBX Fusion	Body Combat

DIJOUS

07:15-08:00 h BOX-2	18:00-18:45 h BOX-2
HBX Fusion	Body Pump
08:10-08:55 h PIS	18:00-18:45 h SFB
Aquagym	Fitbike
09:00-09:45 h PST	18:30-19:15 h PIS
Gimnàstica Senior	Silver Poolbike
09:00-09:45 h PIS	18:55-19:15 h PST
AquaGym Senior	Beat
09:50-10:35 h PIS	19:00-19:45 h STD 1
Poolbike Senior	Queenax Move
10:00-10:45 h PST	19:00-19:45 h BOX-2
Silver Boot camp	Body Combat
10:00-10:45 h STD 1	19:00-19:45 h SFB
Zumba Pilates	Fitbike
11:00-11:45 h STD 1	19:30-20:15 h PIS
Fusion Pilates	Aquagym
12:00-13:00 h PST	19:30-20:15 h PST
Sculpt FIT	Sculpt FIT
12:30-13:15 h PIS	19:30-21:00 h OUT
Aquagym	Km 8
13:00-13:45 h STD 1	20:00-20:45 h STD 1
Body Balance	Body Balance
14:15-15:00 h PST	20:00-20:45 h BOX-2
Boot Camp	Body Pump
14:15-15:00 h PIS	20:00-20:45 h SFB
Aquagym	Fitbike
17:15-18:00 h PST	20:20-21:05 h PIS
Boot Camp TEENS	Swimming Club
18:00-18:45 h STD 1	20:30-21:15 h PST
Silver Fusion Pilates	Boot Camp

DIVENDRES

07:15-08:10 h SFB	14:15-15:00 h SFB
Fitbike	Fitbike
09:00-09:45 h PST	18:00-18:45 h STD 1
Gimnàstica Senior	Silver Pilates
09:00-09:45 h BOX-2	18:00-18:45 h PST
Body Balance	Body Pump
10:00-10:45 h PIS	19:00-19:45 h STD 1
AquaGym Senior	Body Balance
10:00-10:45 h BOX-2	19:00-19:45 h SFB
Body Pump	Fitbike
11:00-11:45 h PST	19:00-19:45 h PST
Silver Sculpt FIT	Body Combat
12:00-12:45 h PST	20:00-20:45 h PST
Boot Camp	Boot Camp
13:00-13:45 h BOX-2	20:00-20:45 h STD 1
HBX Fusion	Silver Stretching
14:15:15:00 h STD 1	20:00-20:45 h PIS
Body Balance	Poolbike

DISSABTE

10:00-10:45 h BOX-2	12:00-12:45 h PIS
Body Combat	Aquagym Senior
11:00-11:45 h STD 1	12:50-13:35 h PIS
Sculpt Dance	Aquagym
11:00-11:45 h SFB	18:15-19:00 h SFB
Fitbike	Fitbike
12:00-12:45 h BOX-2	19:15-20:00 h PST
Body Pump	Boot Camp
12:00-12:45 h PST	
Fit Family	

DIUMENGE

09:15-10:00 h PIS	12:15:13:00 h STD 1
Silver Poolbike	Body Balance
10:15:11:00 h PIS	13:15-14:00 h PST
Aquagym	Boot Camp
11:15-12:00 h BOX-2	
Body Pump	

Teens	STD 1 Studio
Adults	BOX-2 Box
	PST PISTA
Silver	PIS PISCINA
	SFB SALA FITBIKE
Senior	OUT OUTDOOR

HORARIS
Dilluns, dijous i divendres de 7 a 23 hores
Dimarts i dimecres de 6:20 a 23 hores
Dissabte de 8 a 14:30 hores i de 17:30 a 21 hores
Diumenge de 9 a 15:30 hores
Horari especial caps de setmana d'agost.

DESCARREGA'T LA NOSTRA
APP CEM JOAN MIRO
PER A PODER RESERVAR
LA TEVA PLAÇA

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Barcelona

