

## DILLUNS

|                       |                       |
|-----------------------|-----------------------|
| 07:15 - 8:15 h SFB    | 18:00 - 18:45 h PST   |
| Fitbike               | Body Combat           |
| 07:15 - 08:00 h STD 1 | 18:00 - 18:45 h SFB   |
| Salutació al Sol      | Fitbike               |
| 09:00 - 09:45 h PST   | 18:55 - 19:15 h PST   |
| Gimnàstica Senior     | Beat                  |
| 09:00 - 09:45 h PIS   | 19:00 - 19:45 h STD 1 |
| AquaGym Senior        | Body Balance          |
| 09:00 - 09:45 h BOX-2 | 19:00 - 19:45 h BOX-2 |
| Silver Sculpt         | Body Pump             |
| 10:00 - 10:45 h STD 1 | 19:00-19:45 h SFB     |
| Silver Balance        | Fitbike               |
| 10:00 - 10:45 h PST   | 19:00 - 20:30 h OUT   |
| Estiraments Senior    | Workout               |
| 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   | 20:00 - 20:45 h STD 1 |
| Boot Camp             | Fusion Pilates        |
| 13:00 - 13:45 h BOX-2 | 20:00 - 20:45 h BOX-2 |
| Body Pump             | Body Pump             |
| 14:15 - 15:00 h BOX-2 | 20:00 - 20:45 h SFB   |
| HBX Boxing            | Fitbike               |
| 14:15 - 15:00 h SFB   | 20:15 - 21:00 h PIS   |
| Fitbike               | Poolbike              |
| 15:15 - 16:00 h BOX-2 | 20:30 - 21:15 h PST   |
| Body Pump             | Cross Training        |
| 18:00 - 18:45 h STD 1 | 21:00 - 21:45 h BOX-2 |
| Silver Hipoiooga      | Body Combat           |
| 18:00 - 18:45 h BOX-2 |                       |
| Silver HBX Fusion     |                       |

## DIMARTS

|                       |                       |
|-----------------------|-----------------------|
| 06:30 - 07:10 h PST   | 18:00 - 18:45 h BOX-2 |
| High Training         | Body Pump             |
| 07:15 - 08:00 h BOX-2 | 18:00 - 18:45 h SFB   |
| HBX Boxing            | Fitbike               |
| 08:10 - 08:55 h PIS   | 18:30 - 19:15 h PIS   |
| Aquagym               | Silver Poolbike       |
| 09:00 - 09:45 h PST   | 18:55 - 19:15 h PST   |
| Gimnàstica Senior     | Beat                  |
| 09:00 - 09:45 h PIS   | 19:00 - 19:45 h STD 1 |
| AquaGym Senior        | Queenax Move          |
| 09:15 - 10:00 h STD 1 | 19:00 - 19:45 h BOX-2 |
| Zumba                 | Body Combat           |
| 09:50 - 10:35 h PIS   | 19:00 - 19:45 h SFB   |
| AquaGym Senior        | Fitbike               |
| 09:55 - 10:40 h BOX-2 | 19:30 - 20:15 h PIS   |
| Silver HBX Fusion     | AquaZumba             |
| 11:00 - 11:45 h STD 1 | 19:30 - 20:15 h PST   |
| Pilates               | 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 SFB   | 20:20 - 21:05 h PIS   |
| Fitbike               | 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 PST   |                       |
| High training         |                       |

## 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                  |
| 9:50 - 10:35 h PIS    | 19:00 - 19:45 h STD 1 |
| AquaGym Senior        | Body Balance          |
| 09:00 - 09:45 h BOX-2 | 19:00 - 19:45 h BOX-2 |
| Silver HBX Fusion     | Body Pump             |
| 10:00 - 10:45 h STD 1 | 19:00 - 19:45 h SFB   |
| Silver Balance        | Fitbike               |
| 10:00 - 10:45 h PST   | 19:00 - 20:30 h OUT   |
| Estiraments Senior    | Workout               |
| 11:00 - 11:45 h BOX-2 | 19:25 - 20:10 h PIS   |
| Silver HBX Fusion     | Aquagym               |
| 12:00 - 12:45 h PST   | 19:30 - 20:15 h PST   |
| High Training         | Zumba                 |
| 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 Hipoiooga      | Cross Training        |
| 18:00 - 18:45 h BOX-2 | 21:00 - 21:45 h BOX-2 |
| Silver HBX Fusion     | Body Combat           |

## DIJOUS

|                       |                       |
|-----------------------|-----------------------|
| 06:30 - 07:15 h PIS   | 18:00 - 18:45 h STD 1 |
| Boot Camp             | Silver Fusion Pilates |
| 07:15 - 08:00 h PIS   | 18:00 - 18:45 h BOX-2 |
| HBX Fusion            | Body Pump             |
| 08:10 - 8:55 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 BOX-2 | 19:00 - 19:45 h BOX-2 |
| Estiraments Senior    | Body Combat           |
| 10:00 - 10:45 h PST   | 19:00 - 19:45 h SFB   |
| Silver Boot camp      | Fitbike               |
| 10:00 - 10:45 h STD 1 | 19:30 - 20:15 h PIS   |
| Zumba                 | Aquagym               |
| 11:00 - 11:45 h STD 1 | 19:30 - 20:15 h PST   |
| Fusion Pilates        | Sculpt FIT            |
| 12:00 - 13:00 h PST   | 19:30 - 21:00 h OUT   |
| Sculpt FIT            | Km 8                  |
| 12:30 - 13:15 h PIS   | 20:00 - 20:45 h STD 1 |
| Aquagym               | 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       | Cross Training        |
| 18:00 - 18:45 h PST   |                       |
| High training         |                       |

## DIVENDRES

|                       |                       |
|-----------------------|-----------------------|
| 07:15 - 08:10 h SFB   | 14:15 - 15:00 h SFB   |
| Fitbike               | Fitbike               |
| 09:00 - 09:45 h PST   | 15:15 - 16:00 h BOX-2 |
| Gimnàstica Senior     | Body Combat           |
| 09:00 - 09:45 h BOX-2 | 18:00 - 18:45 h STD 1 |
| Body Balance          | Silver Pilates        |
| 10:00 - 10:45 h PIS   | 18:00 - 18:45 h PST   |
| AquaGym Senior        | Body Pump             |
| 10:00 - 10:45 h BOX-2 | 19:00 - 19:45 h STD 1 |
| Body Pump             | Body Balance          |
| 10:50 - 11:35 h PIS   | 19:00 - 19:45 h SFB   |
| Aquagym               | Fitbike               |
| 11:00 - 11:45 h PST   | 19:00 - 19:45 h PST   |
| Silver Sculpt FIT     | Body Combat           |
| 12:00 - 12:45 h BOX-2 | 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

|                       |                       |
|-----------------------|-----------------------|
| 9:00 - 09:45 h PIS    | 12:00 - 12:45 h BOX-2 |
| Aquagym Senior        | Fit Family            |
| 10:00 - 10:45 h BOX-2 | 12:50 - 13:35 h PIS   |
| Body Combat           | Aquagym               |
| 11:00 - 11:45 h STD 1 | 18:15 - 19:00 h SFB   |
| Sculpt Dance          | Fitbike               |
| 11:00 - 11:45 h SFB   | 19:15 - 20:00 h PST   |
| Fitbike               | Boot Camp             |
| 12:00 - 12:45 h PST   |                       |
| Body Pump             |                       |

## 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 i divendres de 7 a 23 hores  
Dimarts, dimecres i dijous 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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