

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 | |
| 8:10 - 8:55 | PIS | 19:00 - 19:45 h | PST |
| AquaGym Senior | | Zumba | |
| 09:00 - 09:45 h | PST | 19:00 - 19:45 h | STD 1 |
| Gimnàstica Senior | | Body Balance | |
| 09:00 - 09:45 h | PIS | 19:00 - 19:45 h | BOX-2 |
| AquaGym Senior | | Body Pump | |
| 09:00 - 09:45 h | BOX-2 | 19:00-19:45 h | SFB |
| Silver Sculpt | | Fitbike | |
| 10:00 - 10:45 h | STD 1 | 19:00 - 20:30 h | OUT |
| Silver Balance | | Workout | |
| 10:00 - 10:45 h | PST | 19:15 - 20:00 h | PIS |
| Estiraments Senior | | Aquagym | |
| 11:00 - 12:45 h | OUT | 20:00 - 20:45 h | STD 1 |
| Walking Senior | | Fusion Pilates | |
| 12:00 - 12:45 h | PIS | 20:15 - 21:00 h | PST |
| AquaGym Senior | | Body Pump | |
| 12:00 - 12:45 h | PST | 20:00 - 20:45 h | SFB |
| Boot Camp | | Fitbike | |
| 13:00 - 13:45 h | BOX-2 | 20:00 - 20:45 h | PATI |
| Body Pump | | Cross Training | |
| 14:15 - 15:00 h | BOX-2 | 20:00 - 20:45 h | BOX-2 |
| HBX Boxing | | Body Combat | |
| 14:15 - 15:00 h | SFB | 20:05 - 20:50 h | PIS |
| Fitbike | | Poolbike | |
| 15:15 - 16:00 h | BOX-2 | | |
| Body Pump | | | |
| 18:00 - 18:45 h | STD 1 | | |
| Silver Hipoiooga | | | |
| 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 | 19:00 - 19:45 h | PST |
| Gimnàstica Senior | | Sculpt FIT | |
| 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 | 19:00 - 19:45 h | PATI |
| Silver HBX Fusion | | Sculpt Dance | |
| 11:00 - 11:45 h | STD 1 | 19:30 - 20:15 h | PIS |
| Pilates | | AquaZumba | |
| 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 | 20:15 - 21:00 h | PST |
| Fitbike | | Boot Camp | |
| 17:15 - 18:00 h | PST | 20:10 - 20:50 h | PIS |
| Boot Camp TEENS | | Swimming Club | |
| 18:00 - 18:45 h | STD 1 | | |
| Silver Fusion Pilates | | | |
| 18:00 - 18:45 h | PST | | |
| High Training | | | |

DIMECRES

| | | | |
|--------------------|-------|-------------------|-------|
| 06:30 - 07:10 h | SFB | 18:00 - 18:45 h | BOX-2 |
| Fitbike | | Silver HBX Fusion | |
| 07:15 - 08:00 h | PST | 18:00 - 18:45 h | PST |
| Boot Camp | | Body Combat | |
| 07:15 - 08:00 h | STD 1 | 18:00 - 18:45 h | SFB |
| Salutació al Sol | | Fitbike | |
| 8:10 - 8:55 | PIS | 18:30 - 19:15 h | PIS |
| AquaGym Senior | | Poolbike | |
| 09:00 - 09:45 h | PIS | 19:00 - 19:45 h | PST |
| Gimnàstica Senior | | Zumba | |
| 09:00 - 09:45 h | PIS | 19:00 - 19:45 h | STD 1 |
| AquaGym Senior | | Body Balance | |
| 9:50 - 10:35 h | BOX-2 | 19:00 - 19:45 h | BOX-2 |
| AquaGym Senior | | Body Pump | |
| 09:00 - 09:45 h | STD 1 | 19:00-19:45 h | SFB |
| Silver HBX Fusion | | Fitbike | |
| 10:00 - 10:45 h | | 19:00 - 20:30 h | OUT |
| Silver Balance | | Workout | |
| 10:00 - 10:45 h | BOX-2 | 19:20 - 20:05 h | |
| Estiraments Senior | | Aquagym | |
| 11:00 - 12:30 h | OUT | 20:00 - 20:45 h | STD 1 |
| Walking Senior | | Fusion Pilates | |
| 12:00 - 12:45 h | | 20:00 - 20:45 h | PST |
| High Training | | Body Pump | |
| 13:00 - 13:45 h | BOX-2 | 20:00 - 20:45 h | SFB |
| Body Pump | | Fitbike | |
| 14:15 - 15:00 h | SFB | 20:00 - 20:45 h | PATI |
| HBX Fusión | | Cross Training | |
| 14:15 - 15:00 h | | 20:00 - 20:45 h | BOX-2 |
| Fitbike | | Body Combat | |
| 15:15 - 16:00 h | | 20:10 - 20:50 h | PIS |
| HBX Boxing | | Poolbike | |
| 18:00 - 18:45 h | | | |
| Silver Hipoiooga | | | |

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 | 19:00 - 19:45 h | PST |
| AquaGym Senior | | Sculpt FIT | |
| 09:50 - 10:35 h | PIS | 19:00 - 19:45 h | PATI |
| Poolbike Senior | | Sculpt Dance | |
| 10:00 - 10:45 h | PST | 19:00 - 19:45 h | STD 1 |
| Estiraments Senior | | Queenax Move | |
| 10:00 - 10:45 h | BOX-2 | 19:00 - 19:45 h | BOX-2 |
| HBX Boxing | | Body Combat | |
| 10:00 - 10:45 h | STD 1 | 19:00 - 19:45 h | SFB |
| Zumba | | Fitbike | |
| 11:00 - 11:45 h | STD 1 | 19:20 - 20:05 h | PIS |
| Fusion Pilates | | Aquagym | |
| 12:00 - 13:00 h | PST | 19:20 - 20:05 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 | 20:15 - 21:00h | PST |
| Aquagym | | Cross Training | |
| 17:15 - 18:00 h | PST | 20:10 - 20:50 h | PIS |
| Boot Camp TEENS | | Swimming Club | |
| 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 21 hores
 Dimarts, dimecres i dijous de 6:20 a 21 hores
 Dissabte de 8 a 14:30 hores i de 17:30 a 21 hores
 Diumenge de 9 a 15:30 hores i de 18 a 21 hores
 Horari especial caps de setmana d'agost.

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

www.cejoanmiro.cat

facebook.com/cejoanmiro
 @CEJoanMiró
 @cemjoanmiro

Ajuntament de
Barcelona

