

DILLUNS

07:15 - 8:15 h	PST	18:00 - 18:45 h	PST
Boot Camp		Body Combat	
07:15 - 08:00 h	STD 1	18:00 - 18:45 h	SOL
Salutació al Sol		Fitbike	
8:10 - 8:55	PIS	18:25 - 19:10 h	PIS
AquaGym Senior		AquaGym	
09:00 - 09:45 h	PST	19:15 - 20:00 h	PST
Gimnàstica Senior		Zumba	
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
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 - 12:30 h	OUT	19:15 - 20:00 h	PST
Walking Senior		Aquagym	
12:00-12:45 h	PIS	20:00 - 20:45 h	STD 1
AquaGym Senior		Fusion Pilates	
12:00-12:45 h	PST	20:15 - 21:00 h	PST
Boot Camp		Body Pump	
13:00-13:45 h	PST	20:00 - 20:45 h	SOL
Body Pump		Fitbike	
14:15 - 15:00 h	BOX-2	20:00 - 20:45 h	PATI
HBX Boxing		Cross Training	
14:15 - 15:00 h	SOL	20:00 - 20:45 h	PATI
Fitbike		Body Combat	
15:15 - 16:00 h	PST	20:05 - 20:50 h	PIS
Body Pump		Poolbike	
18:00 - 18:45 h	STD 1		
Silver Hipoiooga			
18:00 - 18:45 h	BOX-2		
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	SOL
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	SOL
AquaGym Senior		Fitbike	
09:55 - 10:40 h	BOX-2	19:00 - 19:45 h	PATI
HBX Fusion		Sculpt Dance	
11:00 - 11:45 h	PST	19:20 - 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	PST	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		Body Pump	
14:15 - 15:00 h	SOL	20:00 - 20:45 h	SOL
Fitbike		Fitbike	
17:15 - 18:00 h	PST	20:15 - 21:00 h	PST
Boot Camp TEENS		Boot Camp	
18:00 - 18:45 h	STD 1	20:10 - 20:50 h	PIS
Silver Fusion Pilates		Swimming Club	
18:00 - 18:45 h	PST		
High Training			

DIMECRES

06:30 - 07:10 h	BOX	18:00 - 18:45 h	BOX-2
HBX Boxing		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	SOL
Salutació al Sol		Fitbike	
8:10 - 8:55	PIS	18:30 - 19:15 h	PIS
AquaGym Senior		Poolbike	
09:00 - 09:45 h	PST	19:15 - 20:00 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	PIS	19:00 - 19:45 h	BOX-2
AquaGym Senior		Body Pump	
09:00 - 09:45 h	BOX-2	19:00-19:45 h	SOL
HBX Fusion		Fitbike	
10:00 - 10:45 h	STD 1	19:00 - 20:30 h	OUT
Silver Balance		Workout	
10:00 - 10:45 h	PST	19:20 - 20:05 h	PIS
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	PST	20:15 - 21:00 h	PST
High Training		Body Pump	
13:00 - 13:45 h	PST	20:00 - 20:45 h	SOL
Body Pump		Fitbike	
14:15 - 15:00 h	BOX-2	20:15 - 21:00 h	PATI
HBX Fusión		Cross Training	
14:15 - 15:00 h	SOL	20:00 - 20:45 h	PATI
Fitbike		Body Combat	
15:15 - 16:00 h	BOX-2	20:10 - 20:50 h	PIS
HBX Boxing		Poolbike	
18:00 - 18:45 h	STD 1		
Silver Hipoiooga			

DIJOUS

06:30 - 07:15 h	PST	18:00 - 18:45 h	STD 1
Boot Camp		Silver Fusion Pilates	
07:15 - 08:00 h	STD 1	18:00 - 18:45 h	SFB
Salutació al Sol		Body Pump	
08:10 - 8:55	PIS	18:00 - 18:45 h	SOL
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	SOL
Zumba		Fitbike	
11:00 - 11:45 h	PST	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	PST
Body Balance		Body Pump	
14:15 - 15:00 h	PST	20:00 - 20:45 h	SOL
Boot Camp		Fitbike	
14:15 - 15:00 h	PIS	20:15 - 21:00h	PATI
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	PST	14:15 - 15:00 h	SFB
Boot Camp		Fitbike	
09:00 - 09:45 h	PST	15:15 - 16:00 h	PST
Gimnàstica Senior		Body Combat	
09:00 - 09:45 h	STD1	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	PST	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
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	PST	20:00 - 20:45 h	PIS
Body Balance		Poolbike	

DISSABTE

9:00 - 09:45 h	PIS	12:00 - 12:45 h	PST
Aquagym Senior		Body Pump	
10:00 - 10:45 h	PST	12:50 - 13:35 h	PIS
Body Combat		Aquagym	
11:00 - 11:45 h	PST	18:15 - 19:00 h	PST
Sculpt Dance		Fitbike	
11:00 - 11:45 h	SOL	19:15 - 20:00 h	PST
Fitbike		Boot Camp	

DIUMENGE

09:15 - 10:00 h	PIS	12:15 - 13:00 h	PST
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 20:45 hores
 En cas de pluja, les activitats exteriors queden suspeses.

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

