

## DILLUNS

07:00-07:45 h <b>SFB</b> Fitbike	18:00-18:45 h <b>BOX-2</b> HBX Fusion
07:15-08:00 h <b>STD 1</b> Salutació al sol	18:00-18:45 h <b>PST</b> Body Combat
08:10-08:55 h <b>PIS</b> AquaGym Senior	18:00-18:45 h <b>SFB</b> Fitbike
09:00-09:45 h <b>STD 1</b> Silver Balance	18:25-19:10 h <b>PIS</b> Aquagym
09:00-09:45 h <b>PST</b> Gimnàstica Senior	19:00-19:45 h <b>STD 1</b> Body Balance
09:00-09:45 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>BOX-2</b> Body Pump
10:00-10:45 h <b>BOX-2</b> Sculpt Fit	19:00-19:45 h <b>PIS</b> Zumba
10:00-10:45 h <b>PST</b> Estiraments Senior	19:00-19:45 h <b>SFB</b> Fitbike
11:00-11:45 h <b>BOX-2</b> HBX Boxing	19:00-20:30 h <b>OUT</b> Workout ZERO
11:00-12:30 h <b>OUT</b> Walking Senior	19:15-20:00 h <b>PIS</b> Aquagym
12:00-12:45 h <b>PIS</b> AquaGym Senior	20:00-20:45 h <b>STD 1</b> Fusion Pilates
12:00-12:45 h <b>PST</b> Boot Camp	20:00-20:45 h <b>SFB</b> Fitbike
13:00-13:45 h <b>PST</b> Body Pump	20:00-20:45 h <b>PATI</b> Body Combat
14:15-15:00 h <b>BOX-2</b> HBX Boxing	20:05-20:50 h <b>PIS</b> Poolbike
14:15-15:00 h <b>SFB</b> Fitbike	20:10-20:55 h <b>PATI</b> Cross Training
15:15-16:00 h <b>BOX-2</b> Body Pump	20:15-21:00 h <b>PIS</b> Body Pump
18:00-18:45 h <b>STD 1</b> Silver Hipoiooga	

## DIMARTS

06:30-07:10 h <b>PST</b> High training	18:00-18:45 h <b>BOX-2</b> Body Pump
07:15-08:00 h <b>BOX-2</b> HBX Boxing	18:00-18:45 h <b>PST</b> High training
08:10-08:55 h <b>PIS</b> Aquagym	18:00-18:45 h <b>SFB</b> Fitbike
09:00-09:45 h <b>PST</b> Gimnàstica Senior	18:30-19:15 h <b>PIS</b> Silver Poolbike
09:00-09:45 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>STD 1</b> Queenax Move
09:15-10:00 h <b>STD 1</b> Zumba	19:00-19:45 h <b>BOX-2</b> Body Combat
09:50-10:35 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>PST</b> Sculpt FIT
10:00-10:45 h <b>BOX-2</b> HBX Fusion	19:00-19:45 h <b>SFB</b> Fitbike
10:00-10:45 h <b>PST</b> Postural	19:00-19:45 h <b>PATI</b> Zumba Tour
11:00-11:45 h <b>PST</b> Pilates	19:20-20:05 h <b>OUT</b> OUT Camp
11:00-11:45 h <b>BOX-2</b> Body Pump	19:20-20:05 h <b>PIS</b> AquaZumba
11:55-12:40 h <b>PIS</b> AquaGym	19:30-21:00 h <b>OUT</b> Jogging
12:00-12:45 h <b>PST</b> Sculpt FIT	20:00-20:45 h <b>STD 1</b> Body Balance
13:00-13:45 h <b>STD 1</b> Body Balance	20:00-20:45 h <b>BOX-2</b> Body Pump
14:15-15:00 h <b>SFB</b> Fitbike	20:00-20:45 h <b>SFB</b> Fitbike
14:15-15:00 h <b>BOX-2</b> BootCamp	20:00-20:45 h <b>PATI</b> Urban Step
15:15-16:00 h <b>PST</b> Body Pump	20:15-21:00 h <b>PST</b> Boot Camp
17:00-17:45 h <b>BOX-2</b> HBX Boxing	20:10-20:50 h <b>PIS</b> Swim Club
18:00-18:45 h <b>STD 1</b> Silver Fusion Pilates	

## DIMECRES

06:30-07:10 h <b>SFB</b> Fitbike	18:00-18:45 h <b>BOX-2</b> HBX Boxing
07:15-08:00 h <b>STD 1</b> Salutació al sol	18:00-18:45 h <b>PST</b> Body Combat
07:15-08:00 h <b>PST</b> Boot Camp	18:00-18:45 h <b>SFB</b> Fitbike
08:10-08:55 h <b>PIS</b> AquaGym Senior	18:25-19:10 h <b>PIS</b> Poolbike
09:00-09:45 h <b>STD 1</b> Silver Balance	19:00-19:45 h <b>STD 1</b> Body Balance
09:00-09:45 h <b>PST</b> Gimnàstica Senior	19:00-19:45 h <b>BOX-2</b> Body Pump
09:00-09:45 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>PST</b> Zumba
09:50-10:35 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>SFB</b> Fitbike
10:00-10:45 h <b>PST</b> Estiraments Senior	19:00-19:45 h <b>OUT</b> Hip Hop Workout
10:00-10:45 h <b>BOX-2</b> Body Pump	19:00-19:50 h <b>OUT</b> Workout PLUS
10:00-10:45 h <b>OUT</b> Workout PLUS	19:15-20:00 h <b>PIS</b> Aquagym
11:00-11:45 h <b>BOX-2</b> HBX Move	19:55-20:30 h <b>OUT</b> Glute Camp
11:00-12:30 h <b>OUT</b> Walking Senior	20:00-20:45 h <b>STD 1</b> Fusion Pilates
12:00-12:45 h <b>PST</b> High training	20:00-20:45 h <b>SFB</b> Fitbike
13:00-13:45 h <b>PST</b> Body Pump	20:00-20:45 h <b>PATI</b> Body Combat
14:15-15:00 h <b>BOX-2</b> HBX Fusion	20:05-20:50 h <b>PIS</b> Poolbike
14:15-15:00 h <b>SFB</b> Fitbike	20:15-21:00 h <b>PATI</b> Cross Training
15:15-16:00 h <b>BOX-2</b> HBX Boxing	20:15-21:00 h <b>PST</b> Body Pump
18:00-18:45 h <b>STD 1</b> Silver Hipoiooga	

## DIJOUS

06:30-07:10 h <b>PST</b> BootCamp	18:00-18:45 h <b>STD 1</b> Silver Fusion Pilates
07:15-08:00 h <b>STD 1</b> Salutació al sol	18:00-18:45 h <b>BOX-2</b> Body Pump
07:15-08:00 h <b>SFB</b> Fitbike	18:00-18:45 h <b>PST</b> High training
08:10-08:55 h <b>PIS</b> Aquagym	18:00-18:45 h <b>SFB</b> Fitbike
09:00-09:45 h <b>PST</b> Gimnàstica Senior	18:30-19:15 h <b>PIS</b> Silver Poolbike
09:00-09:45 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>STD 1</b> HBX Move
09:50-10:35 h <b>PIS</b> Poolbike Senior	19:00-19:45 h <b>BOX-2</b> Body Combat
10:00-10:45 h <b>STD 1</b> Zumba	19:00-19:45 h <b>PST</b> Sculpt FIT
10:00-10:45 h <b>BOX-2</b> HBX Boxing	19:00-19:45 h <b>SFB</b> Fitbike
10:00-10:45 h <b>PST</b> Estiraments Senior	19:00-19:45 h <b>PATI</b> Zumba Tour
11:00-11:45 h <b>PST</b> Fusion Pilates	19:00-20:00 h <b>OUT</b> OUT Camp
11:00-11:45 h <b>BOX-2</b> Body Pump	19:15-20:45 h <b>OUT</b> Running LAP
12:00-12:45 h <b>PST</b> Sculpt FIT	19:20-20:05 h <b>PIS</b> AquaGym
12:30-13:15 h <b>PIS</b> AquaGym	20:00-20:45 h <b>STD 1</b> Body Balance
13:00-13:45 h <b>STD 1</b> Body Balance	20:00-20:45 h <b>PST</b> Body Pump
14:15-15:00 h <b>PST</b> High training	20:00-20:45 h <b>SFB</b> Fitbike
14:15-15:00 h <b>PIS</b> AquaGym	20:00-20:45 h <b>PATI</b> Urban Step
15:15-16:00 h <b>PST</b> HBX Boxing	20:15-21:00 h <b>PATI</b> Cross Training
17:00-17:45 h <b>PST</b> Body Pump	20:10-20:50 h <b>PIS</b> Swim Club

## DIVENDRES

07:15-08:00 h <b>SFB</b> Fitbike	14:15-15:00 h <b>SFB</b> Fitbike
09:00-09:45 h <b>STD 1</b> Body Balance	15:15-16:00 h <b>PST</b> Body Combat
09:00-09:45 h <b>PST</b> Gimnàstica Senior	18:00-18:45 h <b>STD 1</b> Pilates
10:00-10:45 h <b>PIS</b> AquaGym Senior	18:00-18:45 h <b>PST</b> Body Pump
10:00-10:45 h <b>PST</b> Body Pump	19:00-19:45 h <b>STD 1</b> Body Balance
10:50-11:35 h <b>PIS</b> AquaGym Senior	19:00-19:45 h <b>BOX-2</b> Body Combat
11:00-11:45 h <b>PST</b> Sculpt FIT	19:00-19:45 h <b>SFB</b> Fitbike
12:00-12:45 h <b>PST</b> Boot Camp	20:00-20:45 h <b>STD 1</b> Stretching
13:00-13:45 h <b>BOX-2</b> HBX Fusion	20:00-20:45 h <b>PST</b> Boot Camp
14:15-15:00 h <b>STD 1</b> Body Balance	20:00-20:45 h <b>PIS</b> Poolbike

## DISSABTE

09:00-09:45 h <b>PIS</b> Aquagym Senior	12:00-12:45 h <b>PST</b> Body Pump
10:00-10:45 h <b>PST</b> Body Combat	12:50-13:35 h <b>PIS</b> Aquagym
11:00-11:45 h <b>PST</b> Sculpt Dance	18:15-19:00 h <b>SFB</b> Fitbike
11:00-11:45 h <b>SFB</b> Fitbike	19:15-20:00 h <b>PST</b> Boot Camp
12:00-12:45 h <b>STD 1</b> Fitness family	

## DIUMENGE

09:15-10:00 h <b>PIS</b> Silver Poolbike	12:15-13:00 h <b>PST</b> Body Balance
10:15-11:00 h <b>PIS</b> Aquagym	13:15-14:00 h <b>PST</b> Boot Camp
11:15-12:00 h <b>PST</b> Body Pump	

**LÍMIT**  
WTF?

**BURN**  
CREMA-HO TOT

**FUEL**  
FINS QUE NO ET QUEDI RES

**VITAL**  
REACTIVA'T

**BALANCE**  
EQUILIBRA'T

STD 1   Studio	PIS   Piscina
BOX-2   Box	SFB   Sala Fit Bike
PATI   Pati	OUT   Outdoor
PST   Pista	TR   Terrat

Dilluns a dijous de 06.20 a 22:30 hores  
Divendres de 7:00 a 22:30 hores  
Dissabtes de 8 a 14:30 hores i de 17:30 a 20:45 hores  
Diumenges de 9 a 15:30 hores  
Festius de 9 a 15:30 hores



**RESERVAR  
LA TEVA PLAÇA**

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Ajuntament de  
**Barcelona**

