

DIVENDRES

07:15-08:00 h SFB Fitbike	14:15-15:00 h STD 1 Body Balance
09:00-09:45 h STD 1 Body Balance	14:15-15:00 h SFB Fitbike
09:00-09:45 h PST Gimnàstica Senior	15:15-16:00 h PST Body Combat
09:00-09:45 h PIS AquaGym	18:00-18:45 h STD 1 Pilates
10:00-10:45 h PIS AquaGym Senior	18:00-18:45 h PST Body Pump
10:00-10:45 h PST Body Pump	19:00-19:45 h STD 1 Body Balance
10:50-11:35 h PIS AquaGym Senior	19:00-19:45 h BOX-2 Body Combat
11:00-11:45 h PST Sculpt FIT	19:00-19:45 h SFB Fitbike
11:00-12:30 h OUT Walking	20:00-20:45 h STD 1 Stretching
12:00-12:45 h PST Boot Camp	20:00-20:45 h PST Boot Camp
13:00-13:45 h BOX-2 HBX Fusion	20:00-20:45 h PIS Poolbike

DISSABTE

09:00-09:45 h PIS AquaGym Senior	12:00-12:45 h PST Body Pump
10:00-10:45 h PST Body Combat	12:50-13:35 h PIS AquaGym
11:00-11:45 h PST Zumba	18:15-19:00 h SFB Fitbike
11:00-11:45 h SFB Fitbike	19:15-20:00 h PST Boot Camp
12:00-12:45 h STD 1 Fitness family	

DIUMENGE

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

DIJOUS

06:30-07:10 h PST BootCamp	18:00-18:45 h STD 1 Silver Fusion Pilates
07:15-08:00 h SFB Fitbike	18:00-18:45 h PST Body Pump
08:10-08:55 h PIS AquaGym	18:00-18:45 h BOX-2 High training
09:00-09:45 h PST Gimnàstica Senior	18:00-18:45 h SFB Fitbike
09:00-09:45 h PIS AquaGym Senior	18:30-19:15 h PIS Silver Poolbike
09:15-10:00 h STD 1 Zumba	19:00-19:45 h STD 1 Move
09:50-10:35 h PIS Poolbike Senior	19:00-19:45 h BOX-2 Body Combat
10:00-10:45 h BOX-2 HBX Boxing	19:00-19:45 h SFB Fitbike
10:00-10:45 h PST Estiraments Senior	19:00-20:00 h OUT Workout PLUS
11:00-11:45 h STD 1 Mobility	19:10-19:55 h PST Coreo Sculpt
11:00-11:45 h PST Body Pump	19:15-20:45 h OUT Running LAP
12:00-12:45 h PST Sculpt FIT	19:20-20:05 h PIS AquaGym
12:30-13:15 h PIS AquaGym	20:00-20:45 h STD 1 loga
13:00-13:45 h STD 1 Body Balance	20:00-20:45 h SFB Fitbike
14:15-15:00 h BOX-2 High training	20:00-20:45 h BOX-2 Hip Hop
14:15-15:00 h PIS AquaGym	20:10-20:55 h PST Body Pump
15:15-16:00 h PST HBX Boxing	20:15-21:00 h PATI Cross Training
16:50-17:50 h STD 1 Acroioiga	20:10-20:50 h PIS Swim Club
17:00-17:45 h PST Body Pump	20:55-21:25 h BOX-2 OMGlute

DIMECRES

06:30-07:10 h PST Boot Camp	18:00-18:45 h STD 1 Silver Hipoioiga
07:15-08:00 h STD 1 Salutació al sol	18:00-18:45 h BOX-2 HBX Boxing
07:15-08:00 h SFB Fitbike	18:00-18:45 h PST Body Combat
08:10-08:55 h PIS AquaGym Senior	18:00-18:45 h SFB Fitbike
09:00-09:45 h STD 1 Pilates Fusion	18:25-18:55 h HIIT Body Burn
09:00-09:45 h PST Gimnàstica Senior	18:25-19:10 h PIS Poolbike
09:00-09:45 h PIS AquaGym Senior	19:00-19:45 h STD 1 Body Balance
09:50-10:35 h PIS AquaGym Senior	19:00-19:45 h STD 1 Body Balance
09:50-10:35 h PIS AquaGym Senior	19:00-19:45 h BOX-2 Body Pump
10:00-10:45 h PST Estiraments Senior	19:00-19:45 h SFB Fitbike
10:00-10:45 h BOX-2 Body Pump	19:00-19:50 h OUT Workout PLUS
11:00-11:45 h BOX-2 HBX Move	19:10-19:55 h PST Zumba
11:00-12:30 h OUT Walking Senior	19:15-20:00 h PIS AquaGym
12:00-12:45 h PST High training	19:25-19:55 h HIIT Glute Burn
12:00-13:00 h OUT Workout PLUS	20:00-20:45 h STD 1 Pilates Fusion
13:00-13:45 h PST Body Pump	20:00-20:45 h SFB Fitbike
14:15-15:00 h BOX-2 HBX Fusion	20:00-20:45 h BOX-2 Body Combat
14:15-15:00 h SFB Fitbike	20:05-20:50 h PIS Poolbike
15:15-16:00 h BOX-2 HBX Boxing	20:15-21:00 h PATI Cross Training
17:00-17:45 h STD 1 4Functional	20:15-21:00 h PST Body Pump
17:00-17:45 h PST Body Pump	

DIMARTS

06:30-07:10 h PST High training	18:00-18:45 h BOX-2 High training
07:15-08:00 h BOX-2 HBX Boxing	18:00-18:45 h PST Body Pump
08:10-08:55 h PIS AquaGym	18:00-18:45 h SFB Fitbike
09:00-09:45 h PST Gimnàstica Senior	18:30-19:15 h PIS Silver Poolbike
09:00-09:45 h PIS AquaGym Senior	19:00-19:45 h STD 1 Move
09:15-10:00 h STD 1 Zumba	19:00-19:45 h BOX-2 Body Combat
09:50-10:35 h PIS AquaGym Senior	19:00-19:45 h SFB Fitbike
10:00-10:45 h PST Postural	19:00-20:00 h OUT Workout PLUS
11:00-11:45 h PST Mobility	19:10-19:55 h PST Coreo Sculpt
11:00-11:45 h BOX-2 Body Pump	19:20-20:05 h PIS AquaZumba
11:55-12:40 h PIS AquaGym	19:30-21:00 h OUT Jogging
12:00-12:45 h PST Sculpt FIT	20:00-20:45 h STD 1 loga
13:00-13:45 h STD 1 Body Balance	20:00-20:45 h SFB Fitbike
14:15-15:00 h SFB Fitbike	20:10-20:55 h PST Body Pump
14:15-15:00 h BOX-2 BootCamp	20:10-20:50 h PIS Swim Club
15:15-16:00 h PST Body Pump	20:10-20:55 h BOX-2 Boot Camp
17:00-17:45 h BOX-2 HBX Boxing	20:55-21:55 h STD 1 Acroioiga
18:00-18:45 h STD 1 Silver Fusion Pilates	21:00-21:30 h BOX-2 OMGlute

DILLUNS

07:00-07:45 h SFB Fitbike	18:00-18:45 h BOX-2 HBX Fusion
07:15-08:00 h STD 1 Salutació al sol	18:00-18:45 h PST Body Combat
08:10-08:55 h PIS AquaGym Senior	18:00-18:45 h SFB Fitbike
09:00-09:45 h PST Gimnàstica Senior	18:25-19:10 h PIS AquaGym
09:00-09:45 h PIS AquaGym Senior	18:25-18:55 h HIIT Body Burn
09:00-09:45 h STD 1 Pilates Fusion	19:00-19:45 h STD 1 Body Balance
10:00-10:45 h BOX-2 Sculpt Fit	19:00-19:45 h BOX-2 Body Pump
10:00-10:45 h PST Estiraments Senior	19:00-19:45 h SFB Fitbike
11:00-11:45 h BOX-2 HBX Boxing	19:00-20:30 h OUT Workout ZERO
11:00-12:30 h OUT Walking Senior	19:10-19:55 h PST Zumba
12:00-12:45 h BOX-2 Boot Camp	19:15-20:00 h PIS AquaGym
12:00-12:45 h PIS AquaGym Senior	19:25-19:55 h HIIT Glute Burn
13:00-13:45 h PST Body Pump	20:00-20:45 h STD 1 Pilates Fusion
14:15-15:00 h BOX-2 HBX Boxing	20:00-20:45 h SFB Fitbike
14:15-15:00 h SFB Fitbike	20:00-20:45 h BOX-2 Body Combat
15:15-16:00 h BOX-2 Body Pump	20:05-20:50 h PIS Poolbike
17:00-17:45 h STD 1 4Functional	20:10-20:55 h PATI Cross Training
17:00-17:45 h PST Body Pump	20:15-21:00 h PST Body Pump
18:00-18:45 h STD 1 Silver Hipoioiga	

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
HIIT Zona HIIT	SOL Solarium

De 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 21:00 hores
Diumenges i festius de 9 a 15:30 hores
Els espais esportius tanquen 30 minuts abans.



RESERVA LA TEVA PLAÇA

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Ajuntament de Barcelona

