

# CLASSES DIRIGIDES

Vigent a partir del 2 de Gener 2025

## DILLUNS

06:30-07:10 h	PST	18:10-18:55 h	STD 1
HIGH TRAINING		HIPOIOGA	
07:15-08:00 h	SFB	18:00-18:45 h	BOX-2
FITBIKE		HBX FUSION	
07:15-08:00 h	STD 1	18:00-18:45 h	PST
SALUTACIÓ AL SOL		BODY COMBAT	
08:10-08:55 h	PIS	18:00-18:45 h	SFB
AQUAGYM SENIOR		FITBIKE	
09:00-09:45 h	PST	18:25-19:10 h	PIS
GIMNÀSTICA SENIOR		AQUAGYM	
09:00-09:45 h	PIS	18:25-18:55 h	HIIT
AQUAGYM SENIOR		BODY BURN	
09:00-09:45 h	STD 1	19:10-19:55 h	STD 1
PILATES		BODY BALANCE	
09:00-09:45 h	BOX-2	19:00-19:45 h	BOX-2
STRONG SENIOR		BODY PUMP	
10:00-10:45 h	BOX-2	19:00-19:45 h	SFB
SCULPT FIT		FITBIKE	
10:00-10:45 h	PST	19:00-19:45 h	HBX
ESTIRAMENTS SENIOR		HBX BOXING	
10:00-10:45 h	PIS	19:00-20:30 h	OUT
AQUAGYM SENIOR		HYROX	
11:00-11:45 h	HBX	19:10-19:55 h	PST
HBX BOXING		ZUMBA	
11:00-12:30 h	OUT	19:15-20:00 h	PIS
WALKING SENIOR		AQUAGYM	
11:00-11:45 h	STD 1	19:25-19:55 h	HIIT
TAIXI		GLUTE BURN	
12:00-12:45 h	BOX-2	20:10-20:55 h	STD 1
BOOT CAMP		PILATES	
12:00-12:45 h	PIS	20:00-20:45 h	SFB
AQUAGYM SENIOR		FITBIKE	
13:00-13:45 h	PST	20:00-20:45 h	BOX-2
PUMP + CORE		BODY COMBAT	
14:15-15:00 h	HBX	20:05-20:50 h	PIS
HBX BOXING		POOLBIKE	
14:15-15:00 h	SFB	20:10-20:55 h	PATI
FITBIKE		CROSS TRAINING	
15:15-16:00 h	PST	20:10-20:55 h	PST
BODY PUMP		BODY PUMP + CORE	
17:00-17:45 h	PST	20:55-21:40 h	HBX
BODY PUMP		HBX BOXING	

## DIMARTS

06:30-07:10 h	PST	18:00-18:45 h	BOX-2
HIGH TRAINING		HIGH TRAINING	
07:15-08:00 h	HBX	18:00-18:45 h	PST
HBX BOXING		BODY PUMP	
08:00-08:45 h	STD 1	18:00-18:45 h	SFB
YOGA		FITBIKE	
08:10-08:55 h	PIS	18:25-18:55 h	HIIT
AQUAGYM		GLUTE BURN	
09:00-09:45 h	PST	18:30-19:15 h	PIS
GIMNÀSTICA SENIOR		POOLBIKE	
09:00-09:45 h	PIS	19:10-19:55 h	STD 1
AQUAGYM SENIOR		MOVE	
09:10-09:55 h	BOX-2	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	
10:00-10:45 h	BOX-2	19:00-19:45 h	HBX
STRONG SENIOR		HBX BOXING	
10:00-10:45 h	PST	19:00-20:00 h	OUT
POSTURAL		WORKOUT PLUS	
11:00-11:45 h	STD 1	19:10-19:55 h	PST
MOBILITY PILATES		SCULPT DANCE	
11:00-11:45 h	PST	19:20-20:05 h	PIS
BODY PUMP		AQUAZUMBA	
11:55-12:40 h	PIS	19:25-19:55 h	HIIT
AQUAGYM		BODY BURN	
12:00-12:45 h	PST	20:10-20:55 h	STD 1
SCULPT FIT		YOGA	
13:00-13:45 h	STD 1	20:00-20:45 h	SFB
BODY BALANCE		FITBIKE	
14:15-15:00 h	PST	20:05-21:00 h	PST
BODY PUMP		PUMP ATTACK	
15:15-16:00 h	BOX-2	20:10-20:50 h	PIS
BOOT CAMP		SWIM CLUB	
17:00-17:45 h	HBX	20:10-20:55 h	BOX-2
HBX BOXING		BOOT CAMP	
18:10-18:55 h	STD 1	21:00-21:30 h	BOX-2
PILATES		OMGLUTE	

## DIMECRES

06:30-07:10 h	PST	18:00-18:45 h	HBX
BOOT CAMP		HBX BOXING	
07:15-08:00 h	STD 1	18:00-18:45 h	PST
SALUTACIÓ AL SOL		BODY ATTACK	
07:15-08:00 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
08:10-08:55 h	PIS	18:10-18:55 h	STD 1
AQUAGYM SENIOR		FIT CORE	
09:00-09:45 h	STD 1	18:25-18:55 h	HIIT
PILATES		BODY BURN	
09:00-09:45 h	PST	18:25-19:10 h	PIS
GIMNÀSTICA SENIOR		POOLBIKE	
09:00-09:45 h	PIS	19:10-19:55 h	STD 1
AQUAGYM SENIOR		BODY BALANCE	
10:00-10:45 h	PIS	19:00-19:45 h	BOX-2
AQUAGYM SENIOR		BODY PUMP	
10:00-10:45 h	PST	19:00-19:45 h	SFB
ESTIRAMENTS SENIOR		FITBIKE	
10:00-10:45 h	BOX-2	19:00-19:45 h	HBX
BODY PUMP		HBX BOXING	
11:00-11:45 h	BOX-2	19:00-19:50 h	OUT
BODY COMBAT		HYROX	
11:00-12:30 h	OUT	19:10-19:55 h	PST
WALKING SENIOR		ZUMBA	
12:00-12:45 h	BOX-2	19:15-20:00 h	PIS
HIGH TRAINING		AQUAGYM	
13:00-13:45 h	PST	19:25-19:55 h	HIIT
BODY PUMP		GLUTE BURN	
14:15-15:00 h	BOX-2	20:10-20:55 h	STD 1
HBX FUSION		PILATES	
14:15-15:00 h	SFB	20:00-20:45 h	SFB
FITBIKE		FITBIKE	
15:15-16:00 h	HBX	20:00-20:45 h	BOX-2
HBX BOXING		BODY COMBAT	
17:00-17:45 h	PST	20:05-20:50 h	PIS
BODY PUMP		POOLBIKE	
18:00-18:45 h	BOX-2	20:10-20:55 h	PST
BOOT CAMP		BODY PUMP	
		20:00-21:00 h	PATI
		CROSS TRAINING	

## DIJOUS

06:30-07:10 h	PST	18:00-18:45 h	BOX-2
BOOT CAMP		HIGH TRAINING	
07:15-08:00 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
08:00-08:45 h	STD 1	18:10-18:55 h	STD 1
YOGA		PILATES	
08:10-08:55 h	PIS	18:25-18:55 h	HIIT
AQUAGYM		GLUTE BURN	
09:00-09:45 h	STD 1	18:30-19:15 h	PIS
GIMNÀSTICA SENIOR		POOLBIKE	
09:00-09:45 h	PIS	19:10-19:55 h	STD 1
AQUAGYM SENIOR		MOVE	
09:10-09:55 h	PST	19:00-19:45 h	BOX-2
ZUMBA		BODY COMBAT	
09:50-10:35 h	PIS	19:00-19:45 h	HBX
POOLBIKE SENIOR		HBX BOXING	
10:00-10:45 h	BOX-2	19:00-20:00 h	OUT
STRONG SENIOR		WORKOUT PLUS	
10:00-10:45 h	HBX	19:00-20:30 h	OUT
HBX BOXING		RUNNING LAP	
10:00-10:45 h	PST	19:10-19:55 h	PST
ESTIRAMENTS SENIOR		SCULPT DANCE	
11:00-11:45 h	STD 1	19:25-19:55 h	HIIT
MOBILITY PILATES		BODY BURN	
11:00-11:45 h	PST	19:20-20:05 h	PIS
BODY PUMP		AQUAGYM	
12:00-12:45 h	PST	19:00-19:45 h	SFB
SCULPT FIT		FITBIKE	
12:30-13:15 h	PIS	20:10-20:55 h	STD 1
AQUAGYM		YOGA	
13:00-13:45 h	STD 1	20:00-20:45 h	PST
ESTIRAMENTS		MIX DANCE	
14:15-15:00 h	BOX-2	20:00-21:00 h	BOX-2
HIGH TRAINING		BODY PUMP	
14:15-15:00 h	PIS	20:15-21:00 h	PATI
AQUAGYM		CROSS TRAINING	
15:15-16:00 h	HBX	20:10-20:50 h	PIS
HBX BOXING		SWIM CLUB	
16:55-17:50 h	PST	21:00-21:30 h	BOX-2
PUMP ATTACK		OMGLUTE	
18:00-18:45 h	PST		
BODY PUMP			

## DIVENDRES

07:15-08:00 h	SFB	14:15-15:00 h	STD 1
FITBIKE		BODY BALANCE	
08:10-08:55 h	PIS	14:15-15:00 h	SFB
AQUAGYM SENIOR		FITBIKE	
09:00-09:45 h	STD 1	15:15-16:00 h	PST
PILATES		BODY COMBAT	
09:00-09:45 h	PST	18:00-18:45 h	STD 1
GIMNÀSTICA SENIOR		PILATES	
09:00-09:45 h	PIS	18:00-18:45 h	PST
AQUAGYM		BODY PUMP	
10:00-10:45 h	PIS	18:30-19:15 h	SFB
AQUAGYM SENIOR		FITBIKE	
10:00-10:45 h	PST	19:00-19:45 h	STD 1
BODY PUMP		BODY BALANCE	
11:00-11:45 h	PST	19:00-19:45 h	PST
SCULPT FIT		BODY COMBAT	
11:00-11:45 h	STD 1	19:30-20:15 h	PIS
FIT CORE		POOLBIKE	
11:00-12:30 h	OUT	20:00-20:45 h	BOX-2
WALKING		BOOT CAMP	
12:00-12:45 h	PST	20:00-20:45 h	PST
BOOT CAMP		ZUMBA	
13:00-13:30 h	PST		
LES MILLS CORE			

## DISSABTE

09:00-09:45 h	PIS	11:30-12:15 h	SFB
AQUAGYM SENIOR		FITBIKE	
09:30-10:15 h	PST	12:00-12:45 h	BOX-2
BODY COMBAT		BOOT CAMP	
10:30-11:15 h	PST	12:05-12:50 h	STD 1
ZUMBA		FITNESS FAMILY	
11:00-11:45 h	BOX-2	12:30-13:15 h	PST
HIGH TRAINING		BODY PUMP	
		13:00-13:45 h	PIS
		AQUAGYM	

## DIUMENGE

09:15-10:00 h	PIS	12:15-13:00 h	PST
POOLBIKE		ESTIRAMENTS	
10:15-11:00 h	PIS	13:15-14:00 h	PST
AQUAGYM		BOOT CAMP	
11:15-12:00 h	PST		
BODY PUMP			

**LÍMIT**

WTF?

**BURN**

CREMA-HO TOT

**FUEL**

NO ET DEIXIS RES

**VITAL**

REACTIVAT

**BALANCE**

EQUILIBRAT

STD 1   Studio	SFB   Sala Fit Bike
BOX-2   Box	OUT   Outdoor
PIS   Piscina	HBX   Sala HBX
PST   Pista	

De dilluns a dijous de 06:20 a 22:30 hores  
Divendres de 7:00 a 22:30 hores  
Dissabtes de 8:00 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**

Durant el mes d'agost aquest planning pot patir canvis, consulta sempre l'App i reserva la teva classe.

**SUIFFLAND**  
ENTRENAMENT INTEL·LIGENT ADAPTAT A TU



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Ajuntament de Barcelona

