

CLASSES DIRIGIDES

Eidició Agost 2025 (vàlid des del dilluns 4 al diumenge 31 d'agost)

DILLUNS

07:00-07:45 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
08:00-08:45 h	STD 1	18:00-18:45 h	PIS
PILATES FUSION		AQUAGYM	
09:00-09:45 h	PIS	18:00-18:45 h	HBX
AQUAGYM		HBX BOXING	
09:00-09:45 h	PST	19:00-19:45 h	STD 1
GIM SENIOR		BODY BALANCE	
10:00-10:45 h	PST	19:00-19:45 h	BOX
ESTIRAMENTS SENIOR		BOOT CAMP	
11:00-11:45 h	PIS	19:00-19:45 h	PST
AQUAGYM		ZUMBA	
11:00-11:45 h	PST	19:00-19:45 h	SFB
BODY PUMP		FITBIKE	
12:00-12:45 h	PST	20:00-20:45 h	STD 1
BOOT COMBAT		PILATES FUSION	
14:15-15:00 h	SFB	20:00-20:45 h	PIS
FITBIKE		POOLBIKE	
15:15-16:00 h	PST	20:00-20:45 h	PST
BODY PUMP		PUMP + CORE	
17:00-17:45 h	PST	20:00-20:45 h	BOX
BODY PUMP		BODY COMBAT	
18:00-18:45 h	PST		
BODY COMBAT			

DIMARTS

07:00-07:45 h	HBX	18:00-18:45 h	BOX
HBX BOXING		HIGH TRAINING	
08:00-08:45 h	PIS	18:00-18:45 h	STD 1
AQUAGYM		YOGA	
09:00-09:45 h	PST	18:00-18:45 h	PIS
GIM SENIOR		POOLBIKE	
09:00-09:45 h	STD 1	19:00-19:45 h	PST
PILATES FUSION		BODY COMBAT	
10:00-10:45 h	PST	19:00-19:45 h	SFB
ESTIRAMENTS		FITBIKE	
11:00-11:45 h	PIS	19:00-19:45 h	PIS
AQUAGYM		AQUAGYM	
11:00-11:45 h	BOX	19:00-19:45 h	STD 1
HIGH TRAINING		MOVE	
12:00-12:45 h	PST	20:00-20:45 h	PST
BODY PUMP		BODY PUMP	
14:15-15:00 h	PST	20:00-20:45 h	PST
BODY PUMP		SCULPT DANCE	
15:15-16:00 h	PST	20:00-20:45 h	SFB
BOOT CAMP		FITBIKE	
17:00-17:45 h	PST	20:00-20:45 h	HBX
LES MILLS CORE		HBX BOXING	
18:00-18:45 h	PST		
BODY PUMP			

DIMECRES

07:00-07:45 h	PST	18:00-18:45 h	SFB
BOOT CAMP		FITBIKE	
08:00-08:45 h	STD 1	18:00-18:45 h	PIS
PILATES FUSION		AQUAGYM	
09:00-09:45 h	PIS	18:00-18:45 h	BOX
AQUAGYM		BODY PUMP	
09:00-09:45 h	STD 1	19:00-19:45 h	STD 1
GIM SENIOR		BODY BALANCE	
10:00-10:45 h	STD 1	19:00-19:45 h	BOX
ESTIRAMENTS SENIOR		BOOT CAMP	
11:00-11:45 h	PIS	19:00-19:45 h	PST
AQUAGYM		ZUMBA	
11:00-11:45 h	PST	19:00-19:45 h	SFB
BODY PUMP		FITBIKE	
12:00-12:45 h	PST	20:00-20:45 h	STD 1
COMBAT + CORE		PILATES FUSION	
14:15-15:00 h	SFB	20:00-20:45 h	PIS
FITBIKE		POOLBIKE	
15:15-16:00 h	HBX	20:00-20:45 h	PST
HBX BOXING		PUMP + CORE	
17:00-17:45 h	PST	20:00-20:45 h	BOX
BODY PUMP		BODY COMBAT	
18:00-18:45 h	PST		
BODY ATTACK			

DIJOUS

07:00-07:45 h	PST	18:00-18:45 h	BOX
HIGH TRAINING		HIGH TRAINING	
08:00-08:45 h	PIS	18:00-18:45 h	STD 1
AQUAGYM		YOGA	
09:00-09:45 h	STD 1	18:00-18:45 h	PIS
PILATES FUSION		POOLBIKE	
09:00-09:45 h	PST	19:00-19:45 h	PST
GIM SENIOR		BODY COMBAT	
10:00-10:45 h	PST	19:00-19:45 h	STD 1
ESTIRAMENTS		MOVE	
11:00-11:45 h	PIS	19:00-19:45 h	SFB
AQUAGYM		FITBIKE	
11:00-11:45 h	BOX	19:00-19:45 h	PIS
BOOT CAMP		AQUAGYM	
12:00-12:45 h	PST	20:00-20:45 h	PST
PUMP + CORE		BODY PUMP	
14:15-15:00 h	PIS	20:00-20:45 h	PST
AQUAGYM		SCULPT FIT	
15:15-16:00 h	HBX	20:00-20:45 h	SFB
HBX BOXING		FITBIKE	
17:00-17:45 h	PST	20:00-20:45 h	HBX
LES MILLS CORE		HBX BOXING	
18:00-18:45 h	PST		
BODY PUMP			

DIVENDRES

09:00-09:45 h	PST	18:00-18:45 h	SFB
GIM SENIOR		FITBIKE	
10:00-10:45 h	PIS	19:00-19:45 h	STD 1
AQUAGYM		BODY BALANCE	
11:00-11:45 h	PST	19:00-19:45 h	PST
BOOT CAMP		BODY COMBAT	
12:00-12:45 h	PST	20:00-20:45 h	PIS
BODY PUMP		POOLBIKE	
14:15-15:00 h	SFB	20:00-20:45 h	PST
FITBIKE		BOOT CAMP	
18:00-18:45 h	PST		
BODY PUMP			

DISSABTE

09:00-09:45 h	PIS	11:00-11:45 h	SFB
AQUAGYM		FITBIKE	
10:00-10:45 h	PST	12:00-12:45 h	PST
BODY COMBAT		BODY PUMP	

DIUMENGE

10:00-10:45 h	PIS	12:15-13:00 h	STD 1
AQUAGYM		ESTIRAMENTS	
11:00-11:45 h	PST	13:15-14:00 h	PST
BODY PUMP		BOOT CAMP	

LÍMIT BURN FUEL VITAL BALANCE

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

De dilluns a dijous de 6:20 a 22:30 hores
Divendres de 7:00 a 22:30 hores
Dissabtes de 8:00 a 14:30 hores
Diumenges de 9:00 a 15:30 hores
Dia 15 d'Agost tancat.
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.

SUFFLAND
ENTRENAMENT INTEL·LIGENT ADAPTAT A TU



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Ajuntament de
Barcelona

