



DILLUNS

06:45-07:30 h	PIS	18:00-18:45 h	SFB
SWIMMING		FITBIKE	
06:30-07:10 h	PST	18:10-18:55 h	STD 1
HIGH TRAINING		BARRE	
07:15-08:00 h	SFB	18:25-19:10 h	PIS
FITBIKE		AQUAGYM	
08:10-08:55 h	PIS	19:00-19:45 h	BOX-2
AQUAGYM		BODY PUMP	
09:00-09:45 h	PST	19:00-19:45 h	SFB
GIM SENIOR		FITBIKE	
09:00-09:45 h	PIS	19:00-19:45 h	HBX
AQUASTRONG		HBX BOXING	
09:00-09:45 h	STD 1	19:00-20:30 h	OUT
PILATES		HYROX	
09:00-09:45 h	BOX-2	19:10-19:55 h	STD 1
FORÇA SENIOR		BODY BALANCE	
10:00-10:45 h	PST	19:10-19:55 h	PST
ESTIRAMENTS		ZUMBA	
11:00-11:45 h	HBX	19:15-20:00 h	PIS
HBX BOXING		AQUAGYM	
12:00-12:45 h	BOX-2	20:00-20:45 h	SFB
BOOT CAMP		FITBIKE	
12:00-12:45 h	PIS	20:00-21:00 h	PATI
AQUAGYM		CROSS TRAINING	
13:00-13:45 h	PST	20:10-20:55 h	STD 1
PUMP + CORE		PILATES	
14:15-15:00 h	HBX	20:05-20:50 h	BOX-2
HBX BOXING		BODY COMBAT	
14:15-15:00 h	SFB	20:05-20:50 h	PIS
FITBIKE		POOLBIKE	
15:15-16:00 h	PST	20:05-20:50 h	PIS
BODY PUMP		AQUACROSS	
17:00-17:45 h	PST	20:10-20:55 h	PST
BODY PUMP		PUMP + CORE	
18:00-18:45 h	BOX-2	21:00-21:45 h	HBX
HBX FUSION		HBX BOXING	
18:00-18:45 h	PST		
BODY COMBAT			

DIMARTS

06:30-07:10 h	PST	18:00-18:45 h	PST
HIGH TRAINING		BODY PUMP	
07:15-08:00 h	HBX	18:00-18:45 h	SFB
HBX BOXING		FITBIKE	
08:00-08:45 h	STD 1	18:10-18:55 h	STD 1
IOGA		PILATES	
09:00-09:45 h	PST	18:30-19:15 h	PIS
GIM SENIOR		POOLBIKE	
09:00-09:45 h	PIS	19:00-19:45 h	BOX-2
AQUAGYM		BODY COMBAT	
09:10-09:55 h	BOX-2	19:00-19:45 h	SFB
ZUMBA		FITBIKE	
09:50-10:35 h	PIS	19:00-19:45 h	HBX
AQUAPLAY		HBX BOXING	
10:00-10:45 h	BOX-2	19:10-19:55 h	STD 1
FORÇA SENIOR		MOVE	
10:00-10:45 h	PST	19:10-19:55 h	PST
POSTURAL		SCULPT STEP	
10:45-11:30 h	PIS	19:20-20:05 h	PIS
POOLBIKE		AQUAZUMBA	
11:00-11:45 h	STD 1	20:00-20:45 h	SFB
MOBILITY		FITBIKE	
11:00-11:45 h	PST	20:00-20:45 h	HBX
BODY PUMP		HBX BOXING	
11:55-12:40 h	PIS	20:05-21:00 h	PST
AQUASTRONG		PUMP ATTACK	
12:00-12:45 h	PST	20:10-20:50 h	PIS
LES MILLS CORE		SWIMMING	
13:00-13:45 h	STD 1	20:10-20:55 h	BOX-2
BODY BALANCE		BOOT CAMP	
14:15-15:00 h	PST	20:10-20:55 h	STD 1
BODY PUMP		IOGA	
15:15-16:00 h	BOX-2	21:00-21:30 h	BOX-2
BOOT CAMP		OMGLUTE	
17:00-17:45 h	BOX-2	21:05-21:35 h	STD 1
MIND STRENGTH		MIND BREATH	
18:00-18:45 h	BOX-2		
HIGH TRAINING			

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		ATTACK + CORE	
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		BARRE	
09:00-09:45 h	STD 1	18:25-19:10 h	PIS
PILATES		POOLBIKE	
09:00-09:45 h	PST	19:00-19:45 h	BOX-2
GIM SENIOR		BODY PUMP	
09:00-09:45 h	BOX-2	19:00-19:45 h	SFB
FORÇA SENIOR		FITBIKE	
09:00-09:45 h	PIS	19:00-19:45 h	HBX
AQUASTRONG		HBX BOXING	
09:00-09:45 h	BOX-2	19:00-19:50 h	OUT
BODY PUMP		HYROX	
10:00-10:45 h	PST	19:10-19:55 h	STD 1
ESTIRAMENTS		BODY BALANCE	
11:00-11:45 h	BOX-2	19:10-19:55 h	PST
BODY COMBAT		ZUMBA	
11:00-11:45 h	STD 1	19:15-20:00 h	PIS
BARRE FIT		AQUAGYM	
12:00-12:45 h	BOX-2	20:00-20:45 h	SFB
HIGH TRAINING		FITBIKE	
13:00-13:45 h	PST	20:00-20:45 h	BOX-2
BODY PUMP		BODY COMBAT	
13:00-13:45 h	STD 1	20:00-20:30 h	TR
BARRE FIT		CORE	
14:15-15:00 h	BOX-2	20:00-21:00 h	PATI
LES MILLS CORE		CROSS TRAINING	
14:15-15:00 h	SFB	20:05-20:50 h	PIS
FITBIKE		AQUACROSS	
15:15-16:00 h	HBX	20:05-20:50 h	PIS
HBX BOXING		POOLBIKE	
17:00-17:45 h	PST	20:10-20:55 h	STD 1
BODY PUMP		PILATES	
18:00-18:45 h	BOX-2	20:10-20:55 h	PST
BOOT CAMP		BODY PUMP	

DIJOUS

06:30-07:10 h	PST	18:00-18:45 h	PST
BOOT CAMP		PUMP + CORE	
07:15-08:00 h	SFB	18:00-18:45 h	BOX-2
FITBIKE		HIGH TRAINING	
08:00-08:45 h	STD 1	18:00-18:45 h	SFB
IOGA		FITBIKE	
08:10-08:55 h	PIS	18:10-18:55 h	STD 1
AQUASTRONG		PILATES	
09:00-09:45 h	STD 1	18:30-19:15 h	PIS
GIM SENIOR		POOLBIKE	
09:00-09:45 h	BOX-2	19:00-19:45 h	BOX-2
FORÇA SENIOR		BODY COMBAT	
09:10-09:55 h	PST	19:00-19:45 h	HBX
ZUMBA		HBX BOXING	
09:50-10:35 h	PIS	19:00-19:45 h	SFB
POOLBIKE		FITBIKE	
10:00-10:45 h	HBX	19:10-19:55 h	STD 1
HBX BOXING		MOVE	
10:00-10:45 h	PST	19:10-19:55 h	PST
ESTIRAMENTS		SCULPT STEP	
11:00-11:45 h	STD 1	19:20-20:05 h	PIS
MOBILITY		AQUAGYM	
11:00-11:45 h	PST	20:00-20:45 h	PST
BODY PUMP		MIX DANCE	
12:00-12:45 h	PST	20:00-20:45 h	SFB
SCULPT STEP		FITBIKE	
12:30-13:15 h	PIS	20:00-21:00 h	PATI
AQUAGYM		CROSS TRAINING	
13:00-13:45 h	STD 1	20:10-20:55 h	BOX-2
ESTIRAMENTS		BODY PUMP	
14:15-15:00 h	BOX-2	20:10-20:55 h	STD 1
HIGH TRAINING		IOGA	
14:15-15:00 h	PIS	21:00-21:30 h	BOX-2
AQUAGYM		OMGLUTE	
15:15-16:00 h	HBX	21:05-21:50 h	PST
HBX BOXING		TWERKING	
17:00-17:45 h	STD 1	21:05-21:35 h	STD 1
VITAL FLOW		MIND BREATH	

DIVENDRES

07:15-08:00 h	SFB	14:15-15:00 h	STD 1
FITBIKE		BODY BALANCE	
09:00-09:45 h	STD 1	14:15-15:00 h	SFB
PILATES		FITBIKE	
09:00-09:45 h	PST	15:15-16:00 h	PST
GIM SENIOR		BODY COMBAT	
09:00-09:45 h	PIS	18:00-18:45 h	STD 1
AQUAGYM		PILATES	
10:00-10:45 h	PIS	18:00-18:45 h	PST
AQUASTRONG		BODY PUMP	
10:00-10:45 h	PST	18:45-19:30 h	SFB
BODY PUMP		FITBIKE	
10:00-10:45 h	STD 1	19:00-19:45 h	STD 1
ESTIRAMENTS		BODY BALANCE	
11:15-12:00 h	STD 1	19:00-19:45 h	PST
BARRE		BODY COMBAT	
11:00-11:45 h	HBX	19:45-20:30 h	PIS
HBX BOXING		POOLBIKE	
12:00-12:45 h	PST	20:00-20:45 h	BOX-2
BOOT CAMP		BOOT CAMP	
13:00-13:30 h	PST	20:00-20:45 h	PST
LES MILLS CORE		ZUMBA	

DISSABTE

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

DIUMENGE

09:15-10:00 h	PIS	12:00-12:45 h	BOX-2
POOLBIKE		BOOT CAMP	
10:15-11:00 h	PIS	12:00-12:45 h	PST
AQUAGYM		ESTIRAMENTS	
11:00-11:45 h	PST	13:00-13:45 h	PST
BODY PUMP		BODY COMBAT	



Prepara't per suar.

Les classes aamb picant són les que et posen realment a prova.

Intensitat alta i energia al màxim

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

TEAM TRAINING
STAGE
MIND
AQUA
SENIOR

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.

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