

CLASSES DIRIGIDES

Edició Agost 2026 (vàlid des del dilluns 3 al diumenge 30 d'agost)

DILLUNS			
07:00-07:45 h	SFB	18:00-18:45 h	PST
FITBIKE		BODY COMBAT	
08:00-08:45 h	STD 1	18:00-18:45 h	SFB
PILATES FUSION		FITBIKE	
09:00-09:45 h	PIS	18:00-18:45 h	PIS
AQUAGYM		AQUAGYM	
09:00-09:45 h	PST	18:00-18:45 h	HBX
GIM SENIOR		HBX BOXING	
10:00-10:45 h	PST	19:00-19:45 h	STD 1
ESTIRAMENTS SENIOR		BODY BALANCE	
11:00-11:45 h	PIS	19:00-19:45 h	PAT
AQUAGYM		HYROX	
11:00-11:45 h	PST	19:00-19:45 h	PST
BODY PUMP		ZUMBA	
11:00-11:45 h	STD 1	19:00-19:45 h	SFB
PILATES		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	
16:00-16:45 h	PAT	20:00-20:45 h	PAT
HIGH TRAINING		CROSS TRAINING	
17:00-17:45 h	PST		
BODY PUMP			

DIMARTS			
07:00-07:45 h	HBX	18:00-18:45 h	PST
HBX BOXING		BODY PUMP	
08:00-08:45 h	STD 1	18:00-18:45 h	PST
IOGA		HIGH TRAINING	
08:00-08:45 h	PIS	18:00-18:45 h	STD 1
AQUAGYM		IOGA	
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	
10:00-10:45 h	PIS	19:00-19:45 h	PIS
AQUAGYM		AQUAGYM	
11:00-11:45 h	PAT	19:00-19:45 h	STD 1
HIGH TRAINING		MOVE	
12:00-12:45 h	PST	20:00-20:45 h	PAT
BODY PUMP		CROSS TRAINING	
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	

DIMECRES			
07:00-07:45 h	PST	18:00-18:45 h	PST
BOOT CAMP		BODY COMBAT	
08:00-08:45 h	STD 1	18:00-18:45 h	SFB
PILATES FUSION		FITBIKE	
09:00-09:45 h	PIS	18:00-18:45 h	PIS
AQUAGYM		AQUAGYM	
09:00-09:45 h	STD 1	18:00-18:45 h	PAT
GIM SENIOR		HIGH TRAINING	
10:00-10:45 h	STD 1	19:00-19:45 h	STD 1
ESTIRAMENTS SENIOR		BODY BALANCE	
11:00-11:45 h	PIS	19:00-19:45 h	PAT
AQUAGYM		HYROX	
11:00-11:45 h	PST	19:00-19:45 h	PST
BODY PUMP		ZUMBA	
11:00-11:45 h	STD 1	19:00-19:45 h	SFB
BARRE		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	PAT
BODY PUMP		CROSS TRAINING	

DIJOUS			
07:00-07:45 h	PST	18:00-18:45 h	PST
HIGH TRAINING		BODY PUMP	
08:00-08:45 h	PIS	18:00-18:45 h	PAT
AQUAGYM		HIGH TRAINING	
08:00-08:45 h	STD 1	18:00-18:45 h	STD 1
IOGA		IOGA	
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	
10:00-10:45 h	PIS	19:00-19:45 h	SFB
AQUAGYM		FITBIKE	
11:00-11:45 h	PAT	19:00-19:45 h	PIS
BOOT CAMP		AQUAGYM	
11:00-11:45 h	STD 1	20:00-20:45 h	PAT
PILATES		BODY PUMP	
12:00-12:45 h	PST	20:00-20:45 h	PST
PUMP + CORE		SCULPT DANCE	
14:15-15:00 h	PIS	20:00-20:45 h	SFB
AQUAGYM		FITBIKE	
15:15-16:00 h	HBX	20:00-20:45 h	HBX
HBX ROUND		HBX BOXING	
17:00-17:45 h	PST		
LES MILLS CORE			

DIVENDRES			
09:00-09:45 h	PST	18:00-18:45 h	PST
GIM SENIOR		BODY PUMP	
09:00-09:45 h	PIS	18:00-18:45 h	SFB
AQUAGYM SENIOR		FITBIKE	
11:00-11:45 h	PST	19:00-19:45 h	STD 1
BOOT CAMP		PILATES	
12:00-12:45 h	PST	19:00-19:45 h	PST
BODY PUMP		BODY COMBAT	
12:00-12:45 h	PST	20:00-20:45 h	PIS
LES MILLS CORE		AQUAGYM	
14:15-15:00 h	SFB	20:00-20:45 h	PST
FITBIKE		BOOT CAMP	

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	

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

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
Diumenges i festius de 9 a 15:30 hores
Els espais esportius tanquen 30 minuts abans.
DISSABTE 15 D'AGOST EL CLUB ESTARÀ TANCAT



RESERVA LA TEVA PLAÇA

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



MIRÓLAB
BARCELONA INNOVA LAB SPORTS



Reserva una visita al Lab

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