



DILLUNS			
06:30-07:10 h HIGH TRAINING	PST	17:00-17:45 h BODY PUMP	PST
07:00-07:45 h SWIMMING	PIS	17:25-17:55 h POWER	GS
07:15-08:00 h FITBIKE	SFB	18:00-18:45 h HBX FUSION	HYB
07:15-08:00 h SALUTACIÓ AL SOL	STD1	18:00-18:45 h BODY COMBAT	PST
08:10-08:55 h AQUAGYM SENIOR	PIS	18:00-18:45 h FITBIKE	SFB
09:00-09:45 h GIM SENIOR	PST	18:00-18:45 h HBX SAMPLE	HBX
09:00-09:45 h AQUASTRONG	PIS	18:00-18:45 h HBX FUSION	HYB
09:00-09:45 h PILATES	STD1	18:10-18:55 h BARRE	STD1
09:00-09:45 h FORÇA SENIOR	HYB	18:25-19:10 h AQUAGYM	PIS
10:00-10:45 h TOTAL BODY DONA	HYB	19:00-19:45 h TOTAL BODY DONA	HYB
10:00-10:45 h ESTIRAMENTS	PST	19:00-19:45 h FITBIKE	SFB
10:00-10:45 h AQUAGYM SENIOR	PIS	19:00-19:45 h HBX BOXING	HBX
11:00-11:45 h HBX BOXING	HBX	19:00-20:30 h HYROX RUN	OUT
11:00-12:30 h MARXA SENIOR	OUT	19:10-19:55 h BODY BALANCE	STD1
11:00-11:45 h TAI XI	STD1	19:10-19:55 h ZUMBA	PST
12:00-12:45 h HYBRID BOOT CAMP	HYB	19:15-20:00 h AQUAGYM	PIS
12:00-12:45 h AQUAGYM SENIOR	PIS	20:00-20:45 h FITBIKE	SFB
13:00-13:45 h PUMP + CORE	PST	20:00-21:00 h CROSS TRAINING	PAT1
14:15-15:00 h HBX BOXING	HBX	20:05-20:50 h POWER BOOT CAMP	HYB
14:15-15:00 h FITBIKE	SFB	20:05-20:50 h POOLBIKE	PIS
15:15-16:00 h BODY PUMP HEAVY	PST	20:05-20:50 h AQUACROSS	PIS
16:00-16:45 h HYROX JUNIOR	HYB	20:10-20:55 h PILATES	STD1
17:00-17:45 h TAI XI	STD1	20:10-20:55 h PUMP + CORE	PST
		21:00-21:45 h HBX BOXING	HBX

DIMARTS

06:30-07:10 h HIGH TRAINING	PST 	16:10-16:66 h BODY PUMP	PST
07:15-08:00 h HBX FUSION	HBX	17:00-17:45 h POWER BOOT CAMP	HYB
07:15-07:45 h MEDITA'M	STD1	18:00-18:45 h HIGH TRAINING	HYB 
08:00-08:45 h IOGA	STD1	18:00-18:45 h BODY PUMP	PST
08:10-08:55 h AQUAGYM	PIS	18:00-18:45 h FITBIKE	SFB
09:00-09:45 h GIM SENIOR	PST	18:10-18:55 h PILATES	STD1 
09:00-09:45 h AQUAGYM SENIOR	PIS	18:30-19:15 h POOLBIKE	PIS
09:00-09:45 h ZUMBA	STD1	19:00-19:45 h HYBRID BOOT CAMP	HYB
09:15-09:45 h POWER SENIOR	GS 	19:00-19:45 h FITBIKE	SFB
09:50-10:35 h AQUAPLAY	PIS	19:00-19:45 h HBX SAMPLE	HBX
10:00-10:45 h HYBRID BOOT CAMP SENIOR	HYB	19:00-20:00 h WORKOUT	OUT
10:00-10:45 h POSTURAL	PIT	19:10-19:55 h MOVE	STD1
10:00-10:45 h MOVE	STD1 	19:10-19:55 h BODY COMBAT	PST 
10:45-11:30 h POOLBIKE	PIS	19:20-20:05 h AQUAZUMBA	PIS
11:00-11:45 h MOBILITY	STD1	20:00-20:45 h FITBIKE	SFB
11:00-11:45 h BODY PUMP	PST	20:00-20:45 h HBX BOXING	PIS
11:55-12:40 h AQUASTRONG	PIS	20:05-21:00 h BODY PUMP HEAVY	PST
12:00-12:45 h LES MILLS CORE	PST	20:10-20:55 h IOGA	STD1
13:00-13:45 h HYROX	HYB 	20:10-20:50 h SWIMMING	PIS 
13:00-13:45 h BODY BALANCE	STD1	20:10-20:55 h HYROX	HYB 
14:15-15:00 h BODY PUMP HEAVY	PST	21:00-21:30 h OMGLUTE	HYB
15:15-16:00 h POWER BOOT CAMP	HYB	21:05-21:35 h MIND BREATH	STD1

DIMECRES			
06:30-07:10 h HYROX	HYB	17:25-17:55 h POWER	GS
07:15-08:00 h SALUTACIÓ AL SOL	STD1	18:00-18:45 h HYROX	HYB
07:15-08:00 h FITBIKE	SFB	18:00-18:45 h HBX ROUND	HBX
08:10-08:55 h AQUAGYM SENIOR	PIS	18:00-18:45 h BODY COMBAT	PST
09:00-09:45 h PILATES	STD1	18:00-18:45 h FITBIKE	SFB
09:00-09:45 h GIM SENIOR	PST	18:10-18:55 h BARRE	STD1
09:00-09:45 h FORÇA SENIOR	HYB	18:25-19:10 h POOLBIKE	PIS
09:00-09:45 h AQUASTRONG	PIS	19:00-19:45 h TOTAL BODY DONA	HYB
10:00-10:45 h AQUAGYM SENIOR	PIS	19:00-19:45 h FITBIKE	SFB
10:00-10:45 h ESTIRAMENTS	PST	19:00-19:45 h HBX BOXING	HBX
10:00-10:45 h TOTAL BODY DONA	HYB	19:00-19:50 h HYROX RUN	OUT
10:00-10:30 h MIND BREATH	STD1	19:10-19:55 h BODY BALANCE	STD1
10:00-10:45 h HBX ROUND	HBX	19:10-19:55 h ZUMBA	PST
11:00-11:45 h BODY COMBAT	PST	19:15-20:00 h AQUAGYM	PIS
11:00-12:30 h MARXA SENIOR	OUT	20:00-20:45 h FITBIKE	SFB
11:00-11:45 h BARRE FIT	STD1	20:00-20:45 h POWER BOOT CAMP	HYB
12:00-12:45 h HIGH TRAINING	HYB	20:00-20:30 h CORE	TR
13:00-13:45 h BODY PUMP	PST	20:00-21:00 h CROSS TRAINING	PATI
14:15-15:00 h LES MILLS CORE	PST	20:05-20:50 h AQUACROSS	PIS
14:15-15:00 h FITBIKE	SFB	20:05-20:50 h POOLBIKE	PIS
15:15-16:00 h HBX BOXING	HBX	20:10-20:55 h PILATES	STD1
16:00-16:45 h HYBRID BOOT CAMP JUNIOR	HYB	20:10-20:55 h BODY PUMP	PST
17:00-17:45 h BODY PUMP HEAVY	PST		

DIJOUS			
06:30-07:10 h BOOT CAMP	PST	17:00-17:45 h VITAL FLOW	STD1
07:15-08:00 h FITBIKE	SFB	18:00-18:45 h PUMP + CORE	PST
08:00-08:45 h IOGA	STD1	18:00-18:45 h HIGH TRAINING	HYB
08:10-08:55 h AQUASTRONG	PIS	18:00-18:45 h FITBIKE	SFB
09:00-09:45 h GIM SENIOR	STD1	18:10-18:55 h PILATES	STD1
09:00-09:45 h AQUAGYM	PIS	18:30-19:15 h POOLBIKE	PIS
09:00-09:45 h ZUMBA	PST	19:00-19:45 h HYBRID BOOT CAMP	HYB
09:15-09:45 h POWER	GS	19:00-19:45 h HBX ROUND	HBX
09:50-10:35 h POOLBIKE SENIOR	PIS	19:00-20:00 h WORKOUT	OUT
10:00-10:45 h HYBRID BOOT CAMP SENIOR	HYB	19:00-19:45 h FITBIKE	SFB
10:00-10:45 h HBX BOXING	HBX	19:15-20:15 h RUNNING LAP	OUT
10:00-10:45 h ESTIRAMENTS	PIS	19:10-19:55 h MOVE	STD1
11:00-11:45 h MOBILITY	STD1	19:10-19:55 h BODY COMBAT	PST
11:00-11:45 h BODY PUMP	PST	19:20-20:05 h AQUAGYM	PIS
12:00-12:45 h TOTAL BODY DONA	HYB	20:00-20:45 h BODY PUMP HEAVY	PST
12:30-13:15 h AQUAGYM	PIS	20:00-20:45 h FITBIKE	SFB
13:00-13:45 h ESTIRAMENTS	STD1	20:00-21:00 h CROSS TRAINING	PATI
13:00-13:45 h HYROX	HYB	20:10-20:55 h HYROX	HYB
14:15-15:00 h HIGH TRAINING	HYB	20:10-20:50 h SWIMMING	PIS
14:15-15:00 h AQUAGYM	PIS	20:10-20:55 h IOGA	STD1
15:15-16:00 h HBX BOXING ROUND	HBX	21:00-21:30 h OMGLUTE	HYB
17:00-17:45 h POWER BOOT CAMP	HYB		

DIVENDRES

07:15-08:00 h FITBIKE	SFB	13:00-13:30 h LES MILLS CORE	PST
08:10-08:55 h AQUAGYM SENIOR	PIS	14:15-15:00 h BODY BALANCE	STD1
09:00-09:45 h PILATES	STD1	14:15-15:00 h FITBIKE	SFB
09:00-09:45 h GIM SENIOR	PST	15:15-16:00 h BODY COMBAT	PST
09:00-09:45 h AQUAGYM SENIOR	PIS	18:00-18:45 h PILATES	STD1
10:00-10:45 h AQUASTRONG	PIS	18:00-18:45 h BODY PUMP HEAVY	PST
10:00-10:45 h BODY PUMP	PIST	18:45-19:30 h FITBIKE	SFB
10:00-10:45 h ESTIRAMENTS	STD1	19:00-19:45 h BODY BALANCE	SDT1
11:00-11:45 h BARRE	STD1	19:00-19:45 h BODY COMBAT	PST
11:00-12:30 h MARXA SENIOR	OUT	19:45-20:30 h POOLBIKE	PIS
11:00-11:45 h HBX FUSION	HYB	20:00-20:45 h POWER BOOT CAMP	HYB
12:00-12:45 h HYBRID BOOT CAMP	HYB	20:00-20:45 h ZUMBA	PST

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

DIUMENGE			
09:15-10:00 h POOLBIKE	PIS	12:00-12:45 h HYBRID BOOT CAMP	HYB
10:15-11:00 h AQUAGYM	PIS	12:00-12:45 h ESTIRAMENTS	PST
11:00-11:45 h BODY PUMP HEAVY	PST	13:00-13:45 h BODY COMBAT	PST



Prepara't per suar.
Les classes aamb picant són
les que et posen realment a prova.
Intensitat alta i energia al màxim



RESERVA
LA TEVA
PLAÇA

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

TEAM TRAINING
STAGE
MIND
AQUA
SENIOR

STD 1 Studio	SFB Sala Fit Bike	GS Gespa
OUT Outdoor	HYB Hybrid Box	PST Pista
PIS Piscina	HBX Sala HBX	TR Terrat
PATI Pati		

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.



MIRÓLAB
BARCELONA INNOVA LAB SPORTS



Coneix el laboratori de salut funcional
i longevitat del CEM Joan Miró.
Entrena amb dades!

www.cejoanmiro.cat

@cemjoanmiro facebook.com/cejoanmiro