CENTRE ESPORTIU JOAN MIRÓ

CLASSES DIRIGIDES

Setembre 2026

Barcelona

DILLUNS

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

DIMARTS

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

DIMECRES

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

DIJOUS

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

DIVENDRES

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

DISSABTE

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

DIUMENGE

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

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 TRAINNING
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
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Coneix el laboratori de salut funcional
i longevitat del CEM Joan Miró.
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