

Horaris de les sessions

Des del 8 de Gener de 2024



WELLNESS
by DiR

Sala | Activitats Dirigides |

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE/FESTIU
06.00	DiR Pump 06.00 a 06.50 h / VIRTUAL	Zumba REPLAY 06.00 a 06.50 h	Cul10 06.00 a 06.30 h / VIRTUAL Estiraments 06.30 a 06.45 h VIRTUAL	Latino 06.00 a 06.30 h / VIRTUAL ABS 06.30 a 06.45 h VIRTUAL	Hiit Full Body 06.00 a 06.30 h / VIRTUAL Estiraments 06.30 a 06.45 h VIRTUAL		
07.00	Cul 10 EN DIRECTE 07.00 a 07.50 h / Gerard	Body Pump EN DIRECTE 07.15 a 08.05 h / Jordi B	Jambox Shadow 07.00 a 07.30h / VIRTUAL ABS 07.30 a 07.45 h VIRTUAL	Cul 10 EN DIRECTE 07.15 a 08.05 h / Jordi B	Jambox Shadow 07.00 a 07.30h / VIRTUAL Estiraments 07.30 a 07.45 h VIRTUAL		
08.00	Zumba EN DIRECTE 08.00 a 08.50 h / Gerard	Tonifica't EN DIRECTE 08.15 a 09.05 h / Jordi B	Pilates EN DIRECTE 08.00 a 08.50 h / Gerard	Body Pump EN DIRECTE 08.15 a 09.05 h / Jordi B	CORE 10 08.00 a 08.30h / VIRTUAL Estiraments 08.30 a 08.45 h VIRTUAL		
09.00						Cul10 Power EN DIRECTE 09.15 a 10.05 h	Aprima't EN DIRECTE 09.15 a 10.05 h
10.00						Pilates EN DIRECTE 10.15 a 11.05 h	Tonifica't EN DIRECTE 10.15 a 11.05 h
11.00						Tonifica't EN DIRECTE 11.15 a 12.05 h	Zumba EN DIRECTE 11.15 a 12.05 h
12.00	Zumba EN DIRECTE 12.15 a 13.05 h / Sandra S	Body Pump EN DIRECTE 12.15 a 13.05 h / Sergi R	Cul10/Estirment EN DIRECTE 12.15 a 13.05 h / Sandra	Tonifica't EN DIRECTE 12.15 a 13.05 h / Sergi R	Body Pump EN DIRECTE 12.15 a 13.05 h / Sandra	Zumba EN DIRECTE 12.15 a 13.05 h	Body Pump EN DIRECTE 12.15 a 13.05 h
13.00	DiR Pump 13.15 a 14.10 h / VIRTUAL		Aprima't 13.15 a 14.05 h / MAURO		Cul 10 EN DIRECTE 13.15 a 14.05 h / Sergi R	Body Pump EN DIRECTE 13.15 a 14.05 h	Estiraments EN DIRECTE 13.15 a 14.05 h
14.00	Pilates 14.15 a 15.05 h / MAURO	DiR Pump 14.15 a 15.10 h / VIRTUAL	Cul10 14.15 a 15.05 h / MAURO	Zumba REPLAY 14.15 a 15.05 h	Ioga Hatha Vinyasa EN DIRECTE 14.15 a 15.10 h / Paula	Hiit Full Body 14.15 a 14.45h / VIRTUAL ABS 14.45 a 15.00h / VIRTUAL	Tonifica't 14.15 a 14.45h / VIRTUAL Estiraments 14.45 a 15.00h / VIRTUAL
15.00	Zumba EN DIRECTE 15.15 a 16.05 h / Jean	Hiit Full Body 15.15 a 15.45h / VIRTUAL ABS 15.45 a 16.00 h VIRTUAL	Ioga Vinyasa Prana EN DIRECTE 15.15 a 16.10 h / Pati	Body Pump 15.15 a 16.05 h / MAURO	Hiit Full Body 15.15 a 15.45h / VIRTUAL Estiraments 15.45 a 16.00 h VIRTUAL	Cul10 15.15 a 15.45h / VIRTUAL Estiraments 15.45 a 16.00 h VIRTUAL	Hiit Full Body 15.15 a 15.45h / VIRTUAL ABS 15.45 a 16.00 h VIRTUAL
16.00	Tonifica't EN DIRECTE 16.15 a 17.05 h / Jean	Pilates 16.15 a 17.05 h / MAURO	CORE 10 16.15 a 16.45 h / VIRTUAL Estiraments 16.45 a 17.00 h VIRTUAL	Aprima't 16.15 a 17.05 h / MAURO	Jambox Shadow 16.15 a 16.45h / VIRTUAL ABS 16.45 a 17.00 h VIRTUAL	DiR Pump 16.15 a 17.10 h / VIRTUAL	Pilates 16.15 a 16.45h / VIRTUAL Estiraments 16.45 a 17.00 h VIRTUAL
17.00	Aprima't 17.15 a 18.05 h / MAURO	Body Pump 17.15 a 18.05 h / MAURO	Cul10 17.15 a 17.45 h / VIRTUAL ABS 17.45 a 18.00 h VIRTUAL	Pilates 17.15 a 18.05 h / MAURO	Estiraments 17.15 a 17.30 h VIRTUAL CORE 10 17.30 a 18.00 h / VIRTUAL	Latino 17.15 a 17.45 h / VIRTUAL ABS 17.45 a 18.00 h VIRTUAL	DiR Pump 17.15 a 18.10 h / VIRTUAL
18.00	Body Pump 18.15 a 19.05 h / MAURO	Cul10 18.15 a 19.05 h / MAURO	Body Pump 18.15 a 19.05 h / MAURO	Tonifica't EN DIRECTE 18.15 a 19.05 h / Ana C	Zumba EN DIRECTE 18.15 a 19.05 h / Laura M	DiR Pump 18.15 a 19.10 h / VIRTUAL	Cul10 18.15 a 18.45 h / VIRTUAL Estiraments 18.45 a 19.00 h VIRTUAL
19.00	Zumba EN DIRECTE 19.15 a 20.05 h / Claudia S	Ioga Hatha Raja EN DIRECTE 19.15 a 20.10 h / Lola	Aprima't EN DIRECTE 19.15 a 20.05 h / Jean	Body Pump REPLAY 19.15 a 20.05 h	Tonifica't EN DIRECTE 19.15 a 20.05 h / Laura M	Tonifica't 19.15 a 19.45 h / VIRTUAL Estiraments 19.45 a 20.00 h VIRTUAL	Latino 19.15 a 19.45 h / VIRTUAL ABS 19.45 a 20.00 h VIRTUAL
20.00	Body Pump EN DIRECTE 20.15 a 21.05 h / Eva	CORE 10 20.15 a 20.45 h / VIRTUAL Estiraments 20.45 a 21.00 h VIRTUAL	D-Move EN DIRECTE 20.15 a 21.05 h / Jean	Estiraments 20.15 a 20.30 h VIRTUAL CORE 10 20.30 a 21.00 h / VIRTUAL	Estiraments 20.30 a 20.45 h VIRTUAL ABS 20.45 a 21.00 h VIRTUAL	MINDFULLNESS 20.15 a 20.45 h / VIRTUAL Estiraments 20.45 a 21.00 h VIRTUAL	Yoga 20.15 a 21.10 h / VIRTUAL
21.00	Tonifica't 21.15 a 21.45 h / VIRTUAL Yoga 21.45 a 22.00 h VIRTUAL	DiR Pump 21.15 a 22.10 h / VIRTUAL	Pilates 21.15 a 21.45 h / VIRTUAL Estiraments 21.45 a 22.00 h VIRTUAL	Hiit Full Body 21.15 a 21.45 h / VIRTUAL Yoga 21.45 a 22.00 h VIRTUAL	Cul10 21.15 a 21.45 h / VIRTUAL Estiraments 21.45 a 22.00 h VIRTUAL	Yoga 21.15 a 22.05 h / VIRTUAL	DiR Pump 21.15 a 22.10 h / VIRTUAL
22.00	Cul10 22.15 a 22.45 h / VIRTUAL ABS 22.45 a 23.00 h VIRTUAL	Zumba REPLAY 22.15 a 23.05 h	Body Pump REPLAY 22.15 a 23.05 h	Tonifica't REPLAY 22.15 a 23.05 h	Aprima't REPLAY 22.15 a 23.05 h	Tonifica't 22.15 a 22.45h / VIRTUAL Estiraments 22.45 a 23.00h / VIRTUAL	Cul10 22.15 a 22.45 h / VIRTUAL ABS 22.45 a 23.00 h VIRTUAL
23.00	DiR Pump 23.00 a 23.55 h / VIRTUAL	Cul10 23.15 a 23.45 h / VIRTUAL	Hiit Full Body 23.15 a 23.45 h / VIRTUAL	Latino 23.15 a 23.45 h / VIRTUAL	Pilates 23.15 a 23.45 h / VIRTUAL		

- Sessions amb tècnic presencial
- Sessions emissió EN DIRECTE
- Sessions Virtuals
- Sessions de bal
- Sessions musculars
- Sessions d'alta intensitat
- Sessions de baixa intensitat

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.
Una sessió pot quedar anul·lada en cas d'impossibilitat material de realitzar-se.
Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.

Horaris de les sessions

Des del 8 de Gener de 2024



Sala | Spinning |

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE/FESTIU
06.00							
15'							
30'							
45'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR		
07.00	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL		
15'							
30'							
45'	SpinDiR EN DIRECTE 07.30 a 8.15 h / Alvaro	SpinDiR EN DIRECTE 07.30 a 8.15 h / Adri A.	SpinDiR EN DIRECTE 07.30 a 8.15 h / Alvaro	SpinDiR EN DIRECTE 07.30 a 8.15 h / Adri A	SpinDiR EN DIRECTE 07.30 a 8.15 h / Alvaro	SpinDiR 07.30 a 08.15 h / VIRTUAL	SpinDiR 07.30 a 08.15 h / VIRTUAL
08.00							
15'							
30'							
45'	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR EN DIRECTE 08.30 a 09.15 h / Adri A.	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR EN DIRECTE 08.30 a 09.15 h / Adri A	SpinDiR EN DIRECTE 08.30 a 09.15 h / Alvaro	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR 08.30 a 09.15 h / VIRTUAL
09.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 09.30 a 10.15 h / Johel C	SpinDiR EN DIRECTE 09.30 a 10.15 h / Sergi R	SpinDiR EN DIRECTE 09.30 a 10.15 h / Johel C	SpinDiR EN DIRECTE 09.30 a 10.15 h / Sergi R	SpinDiR EN DIRECTE 09.30 a 10.15 h / Alvaro	SpinDiR 09.30 a 10.15 h / VIRTUAL	SpinDiR 09.30 a 10.15 h / VIRTUAL
10.00							
15'							
30'							
45'						SpinDiR EN DIRECTE 10.30 a 11.15 h	SpinDiR EN DIRECTE 10.30 a 11.15 h
11.00							
15'							
30'	SpinDiR 11.15 a 12.00 h / VIRTUAL	SpinDiR 11.15 a 12.00 h / VIRTUAL	SpinDiR 11.15 a 12.00 h / VIRTUAL	SpinDiR 11.15 a 12.00 h / VIRTUAL	SpinDiR 11.15 a 12.00 h / VIRTUAL	SpinDiR EN DIRECTE 11.30 a 12.15 h	SpinDiR EN DIRECTE 11.30 a 12.15 h
12.00							
15'							
30'	SpinDiR 12.15 a 13.00 h / VIRTUAL	SpinDiR 12.15 a 13.00 h / VIRTUAL	SpinDiR 12.15 a 13.00 h / VIRTUAL	SpinDiR 12.15 a 13.00 h / VIRTUAL	SpinDiR 12.15 a 13.00 h / VIRTUAL	SpinDiR EN DIRECTE 12.30 a 13.15 h	SpinDiR EN DIRECTE 12.30 a 13.15 h
13.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 13.30 a 14.15 h / Sergi R	SpinDiR EN DIRECTE 13.30 a 14.15 h / Ruben	SpinDiR EN DIRECTE 13.30 a 14.15 h / Angelo	SpinDiR EN DIRECTE 13.30 a 14.15 h / Ruben	SpinDiR EN DIRECTE 13.30 a 14.15 h / Angelo	SpinDiR 13.30 a 14.15 h / VIRTUAL	SpinDiR 13.30 a 14.15 h / VIRTUAL
14.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 14.30 a 15.15 h / Sergi R	SpinDiR EN DIRECTE 14.30 a 15.15 h / Ruben	SpinDiR EN DIRECTE 14.30 a 15.15 h / Angelo	SpinDiR EN DIRECTE 14.30 a 15.15 h / Ruben	SpinDiR EN DIRECTE 14.30 a 15.15 h / Angelo	SpinDiR 14.30 a 15.15 h / VIRTUAL	SpinDiR 14.30 a 15.15 h / VIRTUAL
15.00							
15'							
30'							
45'	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL	SpinDiR 15.30 a 16.15 h / VIRTUAL
16.00							
15'							
30'							
45'	SpinDiR 16.30 a 17.15 h / VIRTUAL	SpinDiR 16.30 a 17.15 h / VIRTUAL	SpinDiR 16.30 a 17.15 h / VIRTUAL	SpinDiR 16.30 a 17.15 h / VIRTUAL	SpinDiR 16.30 a 17.15 h / VIRTUAL	SpinDiR REPLAY 16.30 a 17.15 h	SpinDiR REPLAY 16.30 a 17.15 h
17.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 17.30 a 18.15 h / Cristian L	SpinDiR EN DIRECTE 17.30 a 18.15 h / Judith	SpinDiR EN DIRECTE 17.30 a 18.15 h / Cristian L	SpinDiR EN DIRECTE 17.30 a 18.15 h / Judith	SpinDiR EN DIRECTE 17.30 a 18.15 h / Carlas S	SpinDiR REPLAY 17.30 a 18.15 h	SpinDiR REPLAY 17.30 a 18.15 h
18.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 18.30 a 19.15 h / Cristian L	SpinDiR EN DIRECTE 18.30 a 19.15 h / Judith	SpinDiR EN DIRECTE 18.30 a 19.15 h / Cristian L	SpinDiR EN DIRECTE 18.30 a 19.15 h / Judith	SpinDiR EN DIRECTE 18.30 a 19.15 h / Carlas S	SpinDiR 18.30 a 19.15 h / VIRTUAL	SpinDiR 18.30 a 19.15 h / VIRTUAL
19.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 19.30 a 20.15 h / Willy	SpinDiR EN DIRECTE 19.30 a 20.15 h / Jordi C	SpinDiR EN DIRECTE 19.30 a 20.15 h / Willy A	SpinDiR EN DIRECTE 19.30 a 20.15 h / Jordi C	SpinDiR EN DIRECTE 19.30 a 20.15 h / Carlas S	SpinDiR 19.30 a 20.15 h / VIRTUAL	SpinDiR 19.30 a 20.15 h / VIRTUAL
20.00							
15'							
30'							
45'	SpinDiR EN DIRECTE 20.30 a 21.15 h / Willy	SpinDiR EN DIRECTE 20.30 a 21.15 h / Jordi C	SpinDiR EN DIRECTE 20.30 a 21.15 h / Willy A	SpinDiR EN DIRECTE 20.30 a 21.15 h / Jordi C	SpinDiR 20.30 a 21.15 h / VIRTUAL	SpinDiR 20.30 a 21.15 h / VIRTUAL	SpinDiR 20.30 a 21.15 h / VIRTUAL
21.00							
15'							
30'							
45'	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL
22.00							
15'							
30'							
45'	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL	SpinDiR 22.30 a 23.15 h / VIRTUAL
23.00							
15'							
30'							
45'	SpinDiR 23.30 a 00.15 h / VIRTUAL	SpinDiR 23.30 a 00.15 h / VIRTUAL	SpinDiR 23.30 a 00.15 h / VIRTUAL	SpinDiR 23.30 a 00.15 h / VIRTUAL	SpinDiR 23.30 a 00.15 h / VIRTUAL		

	Sessions amb tècnic presencial
	Sessions emissió EN DIRECTE
	Sessions Virtuals

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.
Una sessió pot quedar anul·lada en cas d'impossibilitat material de realitzar-se.
Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.

Session's schedule

From January 8, 2024



ROOM | Fitness Sessions |

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY/FESTIVE
06.00	DiR Pump 06.00 a 06.50 h / VIRTUAL	Zumba REPLAY 06.00 a 06.50 h	Cul10 06.00 a 06.30 h / VIRTUAL Streching 06.30 a 06.45 h VIRTUAL	Latino 06.00 a 06.30 h / VIRTUAL ABS 06.30 a 06.45 h VIRTUAL	Hiit Full Body 06.00 a 06.30 h / VIRTUAL Streching 06.30 a 06.45 h VIRTUAL		
07.00	Cul 10 LIVE 07.00 a 07.50 h / Gerard	Body Pump LIVE 07.15 a 08.05 h / Jordi B	Jambox Shadow 07.00 a 07.30h / VIRTUAL ABS 07.30 a 07.45 h VIRTUAL	Cul 10 LIVE 07.15 a 08.05 h / Jordi B	Jambox Shadow 07.00 a 07.30h / VIRTUAL Streching 07.30 a 07.45 h VIRTUAL		
08.00	Zumba LIVE 08.00 a 08.50 h / Gerard	Tonifica't LIVE 08.15 a 09.05 h / Jordi B	Pilates LIVE 08.00 a 08.50 h / Gerard	Body Pump LIVE 08.15 a 09.05 h / Jordi B	CORE 10 08.00 a 08.30h / VIRTUAL Streching 08.30 a 08.45 h VIRTUAL		
09.00						Cul10 Power LIVE 09.15 a 10.05 h	Aprima't LIVE 09.15 a 10.05 h
10.00						Pilates LIVE 10.15 a 11.05 h	Tonifica't LIVE 10.15 a 11.05 h
11.00						Tonifica't LIVE 11.15 a 12.05 h	Zumba LIVE 11.15 a 12.05 h
12.00	Zumba LIVE 12.15 a 13.05 h / Sandra S	Body Pump LIVE 12.15 a 13.05 h / Sergi R	Cul10/Estirment LIVE 12.15 a 13.05 h / Sandra	Tonifica't LIVE 12.15 a 13.05 h / Sergi R	Body Pump LIVE 12.15 a 13.05 h / Sandra	Zumba LIVE 12.15 a 13.05 h	Body Pump LIVE 12.15 a 13.05 h
13.00	DiR Pump 13.15 a 14.10 h / VIRTUAL		Aprima't 13.15 a 14.05 h / MAURO		Cul 10 LIVE 13.15 a 14.05 h / Sergi R	Body Pump LIVE 13.15 a 14.05 h	Stretching LIVE 13.15 a 14.05 h
14.00	Pilates 14.15 a 15.05 h / MAURO	DiR Pump 14.15 a 15.10 h / VIRTUAL	Cul10 14.15 a 15.05 h / MAURO	Zumba REPLAY 14.15 a 15.05 h	Ioga Hatha Vinyasa LIVE 14.15 a 15.10 h / Paula	Hiit Full Body 14.15 a 14.45h / VIRTUAL ABS 14.45 a 15.00h / VIRTUAL	Tonifica't 14.15 a 14.45h / VIRTUAL Streching 14.45 a 15.00h / VIRTUAL
15.00	Zumba LIVE 15.15 a 16.05 h / Jean	Hiit Full Body 15.15 a 15.45h / VIRTUAL ABS 15.45 a 16.00 h VIRTUAL	Ioga Vinyasa Prana LIVE 15.15 a 16.10 h / Pati	Body Pump 15.15 a 16.05 h / MAURO	Hiit Full Body 15.15 a 15.45h / VIRTUAL Streching 15.45 a 16.00 h VIRTUAL	Cul10 15.15 a 15.45h / VIRTUAL Streching 15.45 a 16.00 h VIRTUAL	Hiit Full Body 15.15 a 15.45h / VIRTUAL ABS 15.45 a 16.00 h VIRTUAL
16.00	Tonifica't LIVE 16.15 a 17.05 h / Jean	Pilates 16.15 a 17.05 h / MAURO	CORE 10 16.15 a 16.45 h / VIRTUAL Streching 16.45 a 17.00 h VIRTUAL	Aprima't 16.15 a 17.05 h / MAURO	Jambox Shadow 16.15 a 16.45h / VIRTUAL ABS 16.45 a 17.00 h VIRTUAL	DiR Pump 16.15 a 17.10 h / VIRTUAL	Pilates 16.15 a 16.45 h / VIRTUAL Streching 16.45 a 17.00 h VIRTUAL
17.00	Aprima't 17.15 a 18.05 h / MAURO	Body Pump 17.15 a 18.05 h / MAURO	Cul10 17.15 a 17.45 h / VIRTUAL ABS 17.45 a 18.00 h VIRTUAL	Pilates 17.15 a 18.05 h / MAURO	Streching 17.15 a 17.30 h VIRTUAL CORE 10 17.30 a 18.00 h / VIRTUAL	Latino 17.15 a 17.45 h / VIRTUAL ABS 17.45 a 18.00 h VIRTUAL	DiR Pump 17.15 a 18.10 h / VIRTUAL
18.00	Body Pump 18.15 a 19.05 h / MAURO	Cul10 18.15 a 19.05 h / MAURO	Body Pump 18.15 a 19.05 h / MAURO	Tonifica't LIVE 18.15 a 19.05 h / Ana C	Zumba LIVE 18.15 a 19.05 h / Laura M	DiR Pump 18.15 a 19.10 h / VIRTUAL	Cul10 18.15 a 18.45 h / VIRTUAL Streching 18.45 a 19.00 h VIRTUAL
19.00	Zumba LIVE 19.15 a 20.05 h / Claudia S	Ioga Hatha Raja LIVE 19.15 a 20.10 h / Lola	Aprima't LIVE 19.15 a 20.05 h / Jean	Body Pump REPLAY 19.15 a 20.05 h	Tonifica't LIVE 19.15 a 20.05 h / Laura M	Tonifica't 19.15 a 19.45 h / VIRTUAL Streching 19.45 a 20.00 h VIRTUAL	Latino 19.15 a 19.45 h / VIRTUAL ABS 19.45 a 20.00 h VIRTUAL
20.00	Body Pump LIVE 20.15 a 21.05 h / Eva	CORE 10 20.15 a 20.45 h / VIRTUAL Streching 20.45 a 21.00 h VIRTUAL	D-Move LIVE 20.15 a 21.05 h / Jean	Streching 20.15 a 20.30 h VIRTUAL CORE 10 20.30 a 21.00 h / VIRTUAL	ABS 20.15 a 20.30 h VIRTUAL Streching 20.30 a 20.45 h VIRTUAL ABS 20.45 a 21.00 h VIRTUAL	MINDFULLNESS 20.15 a 20.45 h / VIRTUAL Streching 20.45 a 21.00 h VIRTUAL	Yoga 20.15 a 21.10 h / VIRTUAL
21.00	Tonifica't 21.15 a 21.45 h / VIRTUAL Yoga 21.45 a 22.00 h VIRTUAL	DiR Pump 21.15 a 22.10 h / VIRTUAL	Pilates 21.15 a 21.45 h / VIRTUAL Streching 21.45 a 22.00 h VIRTUAL	Hiit Full Body 21.15 a 21.45 h / VIRTUAL Yoga 21.45 a 22.00 h VIRTUAL	Cul10 21.15 a 21.45 h / VIRTUAL Streching 21.45 a 22.00 h VIRTUAL	Yoga 21.15 a 22.05 h / VIRTUAL	DiR Pump 21.15 a 22.10 h / VIRTUAL
22.00	Cul10 22.15 a 22.45 h / VIRTUAL ABS 22.45 a 23.00 h VIRTUAL	Zumba REPLAY 22.15 a 23.05 h	Body Pump REPLAY 22.15 a 23.05 h	Tonifica't REPLAY 22.15 a 23.05 h	Aprima't REPLAY 22.15 a 23.05 h	Tonifica't 22.15 a 22.45h / VIRTUAL Streching 22.45 a 23.00h / VIRTUAL	Cul10 22.15 a 22.45 h / VIRTUAL ABS 22.45 a 23.00 h VIRTUAL
23.00	DiR Pump 23.00 a 23.55 h / VIRTUAL	Cul10 23.15 a 23.45 h / VIRTUAL	Hiit Full Body 23.15 a 23.45 h / VIRTUAL	Latino 23.15 a 23.45 h / VIRTUAL	Pilates 23.15 a 23.45 h / VIRTUAL		

- Instructor Session
- LIVE Session
- Virtual Session
- Dance Session
- Muscular Session
- High Intensiti Sessions
- Low Intensiti Sessions

The Fitness Department may, when it deems it necessary, modify the number of sessions, their content and schedule and the technicians who teach them. A session may be canceled in the event of material inability to perform. These schedules may be changed periodically and during the summer months and Christmas weeks.

Session's schedule

From January 8, 2024



ROOM | Spinning |

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY/FESTIVE
06.00							
15'							
30'							
45'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR		
07.00	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL	06.30 a 07.15 h / VIRTUAL		
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	07.30 a 8.15 h / Alvaro	07.30 a 8.15 h / Adri A	07.30 a 8.15 h / Alvaro	07.30 a 8.15 h / Adri A	07.30 a 8.15 h / Alvaro	07.30 a 08.15 h / VIRTUAL	07.30 a 08.15 h / VIRTUAL
08.00							
15'							
30'	SpinDiR	SpinDiR LIVE	SpinDiR	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	08.30 a 09.15 h / VIRTUAL	08.30 a 09.15 h / Adri A	08.30 a 09.15 h / VIRTUAL	08.30 a 09.15 h / Adri A	08.30 a 09.15 h / Alvaro	08.30 a 09.15 h / VIRTUAL	08.30 a 09.15 h / VIRTUAL
09.00							
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	09.30 a 10.15 h / Johel C	09.30 a 10.15 h / Sergi R	09.30 a 10.15 h / Johel C	09.30 a 10.15 h / Seri R	09.30 a 10.15 h / Alvaro	09.30 a 10.15 h / VIRTUAL	09.30 a 10.15 h / VIRTUAL
10.00							
15'							
30'						SpinDiR LIVE	SpinDiR LIVE
45'						10.30 a 11.15 h	10.30 a 11.15 h
11.00							
15'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR		
30'	11.15 a 12.00 h / VIRTUAL	11.15 a 12.00 h / VIRTUAL	11.15 a 12.00 h / VIRTUAL	11.15 a 12.00 h / VIRTUAL	11.15 a 12.00 h / VIRTUAL		
45'						SpinDiR LIVE	SpinDiR LIVE
12.00						11.30 a 12.15 h	11.30 a 12.15 h
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR		
45'	12.15 a 13.00 h / VIRTUAL	12.15 a 13.00 h / VIRTUAL	12.15 a 13.00 h / VIRTUAL	12.15 a 13.00 h / VIRTUAL	12.15 a 13.00 h / VIRTUAL		
13.00						SpinDiR LIVE	SpinDiR LIVE
15'						12.30 a 13.15 h	12.30 a 13.15 h
30'							
45'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
14.00	13.30 a 14.15 h / Sergi R	13.30 a 14.15 h / Ruben	13.30 a 14.15 h / Angelo	13.30 a 14.15 h / Ruben	13.30 a 14.15 h / Angelo	13.30 a 14.15 h / VIRTUAL	13.30 a 14.15 h / VIRTUAL
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	14.30 a 15.15 h / Sergi R	14.30 a 15.15 h / Ruben	14.30 a 15.15 h / Angelo	14.30 a 15.15 h / Ruben	14.30 a 15.15 h / Angelo	14.30 a 15.15 h / VIRTUAL	14.30 a 15.15 h / VIRTUAL
15.00							
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR
45'	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL	15.30 a 16.15 h / VIRTUAL
16.00							
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR
45'	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL	16.30 a 17.15 h / VIRTUAL
17.00							
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	17.30 a 18.15 h / Cristian L	17.30 a 18.15 h / Judith	17.30 a 18.15 h / Cristian L	17.30 a 18.15 h / Judith	17.30 a 18.15 h / Carlos S	17.30 a 18.15 h / VIRTUAL	17.30 a 18.15 h / VIRTUAL
18.00							
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	18.30 a 19.15 h / Cristian L	18.30 a 19.15 h / Judith	18.30 a 19.15 h / Cristian L	18.30 a 19.15 h / Judith	18.30 a 19.15 h / Carlos S	18.30 a 19.15 h / VIRTUAL	18.30 a 19.15 h / VIRTUAL
19.00							
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR
45'	19.30 a 20.15 h / Willy	19.30 a 20.15 h / Jordi C	19.30 a 20.15 h / Willy	19.30 a 20.15 h / Jordi C	19.30 a 20.15 h / Carlos S	19.30 a 20.15 h / VIRTUAL	19.30 a 20.15 h / VIRTUAL
20.00							
15'							
30'	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR LIVE	SpinDiR	SpinDiR	SpinDiR
45'	20.30 a 21.15 h / Willy	20.30 a 21.15 h / Jordi C	20.30 a 21.15 h / Willy	20.30 a 21.15 h / Jordi C	20.30 a 21.15 h / VIRTUAL	20.30 a 21.15 h / VIRTUAL	20.30 a 21.15 h / VIRTUAL
21.00							
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR
45'	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL	21.30 a 22.15 h / VIRTUAL
22.00							
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR
45'	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL	22.30 a 23.15 h / VIRTUAL
23.00							
15'							
30'	SpinDiR	SpinDiR	SpinDiR	SpinDiR	SpinDiR		
45'	23.30 a 00.15 h / VIRTUAL	23.30 a 00.15 h / VIRTUAL	23.30 a 00.15 h / VIRTUAL	23.30 a 00.15 h / VIRTUAL	23.30 a 00.15 h / VIRTUAL		

- Instructor Session
- LIVE Session
- Virtual Session

The Fitness Department may, when it deems it necessary, modify the number of sessions, their content and schedule and the technicians who teach them. A session may be canceled in the event of material inability to perform. These schedules may be changed periodically and during the summer months and Christmas weeks.