

HORARI D'ACTIVITATS GENER 2023

	>> Dilluns	>> Dimarts	>> Dimecres	>> Dijous	>> Divendres
MATI	VIRTUAL CYCLING 6:45 - 7:30	VIRTUAL CYCLING 6:45 - 7:30	VIRTUAL CYCLING 6:45 - 7:30	VIRTUAL CYCLING 6:45 - 7:30	VIRTUAL CYCLING 6:45 - 7:30
	VIRTUAL CYCLING 7:45 - 8:30	SPARTAN ROYAL 7:30 - 8:30 LA	YOGA ASHTANGA 7:30 - 8:30 XI	SPARTAN ROYAL 7:30 - 8:30 LA	YOGA ASHTANGA 7:30 - 8:30 XI
	CORE TRX 8:30 - 9:00 LA	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30
	PILATES 9:15 - 10:00 VIV	MOBILITY 8:30 - 9:00 VIV	CORE TRX 8:30 - 9:00 VIV	MOBILITY 8:30 - 9:00 LA	PILATES 9:15 - 10:00 VIV
	HIBIK BOXING 9:15 - 10:00 LA	CICLO WATTS 9:15 - 10:00 OS	YOGA POWER 9:30 - 10:15 VIV	CICLO WATTS 9:15 - 10:00 VI	SCULPT ARMS 9:15 - 10:00 LA
	VIRTUAL CYCLING 9:15 - 10:00	ZUMBA fitness 9:15 - 10:00 VIV	HIBIK BOXING 9:30 - 10:00 VI	ZUMBA fitness 09:15 - 10:00 PA	VIRTUAL CYCLING 9:15 - 10:00
	AQUAGYM 9:15 - 10:00 YA	AQUAGYM 9:15 - 10:00 GE	VIRTUAL CYCLING 9:15 - 10:00	AQUAGYM 9:15 - 10:00 LA	AQUAGYM 9:15 - 10:00 PA
	GYM GOLD 10:15 - 11:00 YA	STRONG 10:15 - 11:00 VIV	AQUAGYM 9:15 - 10:00 YA	VIRTUAL CYCLING 10:15 - 11:00	VIRTUAL CYCLING 10:15 - 11:00
VIRTUAL CYCLING 10:15 - 11:00	VIRTUAL CYCLING 10:15 - 11:00	SCULPT BOOTY 10:15 - 11:00 PA	AQUAGYM 10:15 - 11:00 LA	VIRTUAL CYCLING 10:15 - 11:00	
ZUMBA fitness 10:15 - 11:00 VIV	AQUAGYM 10:15 - 11:00 GE	VIRTUAL CYCLING 10:15 - 11:00	GYM GOLD 10:15 - 11:00 PA	ZUMBA fitness 10:15 - 11:00 PA	
YOGA POWER 10:15 - 11:00 LA	CROSS ROYAL ESSENTIAL 10:15 - 11:00 OS	AQUAGYM 10:15 - 11:00 YA	CROSS ROYAL ESSENTIAL 10:15 - 11:00 VI	HIBIK BOXING 10:15 - 11:00 LA	
VIRTUAL CYCLING 11:15 - 12:00	YOGA SOFT VINIYASA 10:15 - 11:15 XI	PILATES 10:15 - 11:00 VIV	YOGA SOFT VINIYASA 10:15 - 11:15 XI	VIRTUAL CYCLING 11:15 - 12:00	
VIRTUAL CYCLING 12:15 - 13:00	MOBILITY 11:15 - 11:45 VIV	VIRTUAL CYCLING 11:15 - 12:00	MOBILITY 11:15 - 11:45 PA	YOGA INTEGRAL 11:15 - 12:15 PA	
	VIRTUAL CYCLING 11:15 - 12:00	VIRTUAL CYCLING 12:15 - 13:00	VIRTUAL CYCLING 11:15 - 12:00	VIRTUAL CYCLING 12:15 - 13:00	
	VIRTUAL CYCLING 12:15 - 13:00		YOGA INTEGRAL 11:15 - 12:15 PA		
			VIRTUAL CYCLING 12:15 - 13:00		
MIGDIA	VIRTUAL CYCLING 13:30 - 14:15	VIRTUAL CYCLING 13:30 - 14:15	VIRTUAL CYCLING 13:30 - 14:15	VIRTUAL CYCLING 13:30 - 14:15	VIRTUAL CYCLING 13:30 - 14:15
	VIRTUAL CYCLING 14:30 - 15:15	VIRTUAL CYCLING 14:30 - 15:15	HIIT 14:30 - 15:00 VI	CORE TRX 14:30 - 15:00 VI	HIIT 14:30 - 15:00 GE
	PILATES 14:30 - 15:15 PA	YOGA POWER 14:30 - 15:15 GE	VIRTUAL CYCLING 14:30 - 15:15	VIRTUAL CYCLING 14:30 - 15:15	VIRTUAL CYCLING 14:30 - 15:15
	SPARTAN ROYAL 14:30 - 15:30 LA	HIBIK BOXING 15:30 - 16:15 VI	PILATES 14:30 - 15:15 LA	HIBIK BOXING 15:30 - 16:15 OS	SPARTAN ROYAL 14:30 - 15:30 VI
	CICLO WATTS 15:30 - 16:15 VI	ZUMBA fitness 15:30 - 16:15 PA	CICLO WATTS 15:30 - 16:15 LA	VIRTUAL CYCLING 15:30 - 16:15	CICLO WATTS 15:30 - 16:15 GE
	SCULPT ARMS 15:30 - 16:15 OS	VIRTUAL CYCLING 15:30 - 16:15	SCULPT BOOTY 15:30 - 16:15 VI	YOGA POWER 15:30 - 16:15 YA	ZUMBA fitness 15:30 - 16:15 VIV
	ABD 16:30 - 17:00 PA	CROSS ROYAL ESSENTIAL 16:30 - 17:15 OS	AQUAGYM 15:30 - 16:15 GE	PILATES 16:30 - 17:15 VIV	STRETCHING 16:15 - 16:45 VIV
			ABD 16:30 - 17:00 OS		
TARDA	VIRTUAL CYCLING 17:30 - 18:15	HIBIK BOXING 17:30 - 18:15 VI	ABD 17:30 - 18:00 JO	VIRTUAL CYCLING 17:30 - 18:15	VIRTUAL CYCLING 17:30 - 18:15
	YOGA POWER 17:30 - 18:15 PA	VIRTUAL CYCLING 17:30 - 18:15	VIRTUAL CYCLING 17:30 - 18:15	SCULPT BOOTY 17:30 - 18:15 GE	STRONG 17:30 - 18:15 VIV
	VIRTUAL CYCLING 18:30 - 19:15	SCULPT ARMS 17:30 - 18:15 YA	VIRTUAL CYCLING 18:30 - 19:15	HIBIK BOXING 17:30 - 18:15 OS	VIRTUAL CYCLING 18:30 - 19:15
	HIBIK BOXING 18:30 - 19:15 GE	YOGA POWER 18:30 - 19:15 YA	STRONG 18:30 - 19:15 VIV	YOGA POWER 18:30 - 19:15 VIV	VIRTUAL CYCLING 18:30 - 19:15
	CROSS ROYAL 18:30 - 19:15 VI	VIRTUAL CYCLING 18:30 - 19:15	PILATES 18:30 - 19:15 PA	CICLO WATTS 18:30 - 19:15 GE	CROSS ROYAL 18:30 - 19:15 OS
	ZUMBA fitness 18:30 - 19:15 PA	SPARTAN ROYAL 18:30 - 19:30 VI	CROSS ROYAL 18:30 - 19:15 OS	RUNNING 18:30 - 19:15 MA	ZUMBA fitness 18:30 - 19:15 YA
	CICLO WATTS 19:30 - 20:15 OS	RUNNING 18:30 - 19:30 MA	AQUAGYM 19:30 - 20:15 PA	SPARTAN ROYAL 18:30 - 19:30 OS	VIRTUAL CYCLING 18:30 - 19:15
	SCULPT BOOTY 19:30 - 20:15 GE	HATHA IYOGA 18:30 - 19:30 PA	CICLO WATTS 19:30 - 20:15 GE	YOGA POWER VINIYASA 18:30 - 19:30 MO	CROSS ROYAL 18:30 - 19:15 OS
	YOGA VINIYASA 19:30 - 20:30 RA	CROSS ROYAL ESSENTIAL 19:30 - 20:15 VI	HATHA IYOGA 19:30 - 20:30 RA	ZUMBA fitness 19:30 - 20:15 VIV	ZUMBA fitness 18:30 - 19:15 YA
	VIRTUAL CYCLING 20:30 - 21:15	ZUMBA fitness 19:30 - 20:15 YA	VIRTUAL CYCLING 20:30 - 21:15	VIRTUAL CYCLING 19:30 - 20:15	VIRTUAL CYCLING 19:30 - 20:15
		VIRTUAL CYCLING 19:30 - 20:15		CROSS ROYAL ESSENTIAL 19:30 - 20:15 OS	PILATES 19:30 - 20:15 OS
		VIRTUAL CYCLING 20:30 - 21:15		VIRTUAL CYCLING 20:30 - 21:15	VIRTUAL CYCLING 20:30 - 21:15

>> Dissabte

VIRTUAL CYCLING 9:15 - 10:00
WEEKEND CLASS 10:15 - 11:00
VIRTUAL CYCLING 10:15 - 11:00
VIRTUAL CYCLING 11:15 - 12:00
VIRTUAL CYCLING 12:15 - 13:00

>> Diumenge

VIRTUAL CYCLING 10:15 - 11:00
VIRTUAL CYCLING 11:15 - 12:00
VIRTUAL CYCLING 12:15 - 13:00

ESPAIS

SALA TARRACO	SALA ROYAL HBX
SALA ROYAL WATTS	CICLO INDOOR VIRTUAL
OUTDOOR	PISCINA
SALA ROYAL ASHRAM	SALA BOX ROYAL
SALA GESPA	

TIPUS D'ACTIVITATS

CARDIO-VASCULAR	TONIFICACIO	CARDIO + TONO	ESTIRAMENTS	ESTIRAMENTS + TONO
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INTENSITAT

BAIXA	MITJA	MITJA/ALTA	ALTA
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TÈCNICS

VIDAL (VI)	LAURA (LA)	VIVIANA (VIV)
OSCAR (OS)	GERARD (GE)	NURIA (NU)
MONTSE (MO)	PAOLA (PA)	MARCO (MA)
YAGO (YA)	JORDI (JO)	
XIMENA (XI)	RAQUEL (RA)	

- > És necessari fer la reserva de les activitats a través de l'App.
- > En el cas que no poguessis assistir, és necessari anul·lar la teva reserva a través de l'App.
- > Llegeix i respecta la normativa de cada espai.
- > Assistència mínima de 2 persones per realitzar la sessió.
- > La direcció del centre es reserva el dret de modificar o suspendre alguna d'aquestes activitats.
- > Les activitats dutes a terme a l'espai "Royal Outdoor", es podran veure modificades, reubicades o cancel·lades, per motius climatològics.