HORARI D'ACTIVITATS VIGENT DES DE FEBRER 2023

royal TARRACO

MATÍ

Dilluns

VIRTUAL CYCLING	6:45 - 7:30	
VIRTUAL CYCLING	7:45 - 8:30	
CORE TRX	8:30 - 9:00	LA
PILATES	9:15 - 10:00	VIV
HBX BOXING	9:15 - 10:00	LA
VIRTUAL CYCLING	9:15 - 10:00	
AQUAGYM	9:15 - 10:00	VIV
GYM GOLD	10:15 - 11:00	MAT
VIRTUAL CYCLING	10:15 - 11:00	
AQUA ZUMBA	10:15 - 11:00	VIV
LES MILLS BODYPUMP	10:15 - 11:00	LA
VIRTUAL CYCLING	11:15 - 12:00	
VIRTUAL CYCLING	12:15 - 13:00	

Dimarts

VIRTUAL CYCLING	6:45 - 7:30	
SPARTAN ROYAL	7:30 - 8:30	LA
VIRTUAL CYCLING	7:45 - 8:30	
MOBILITY	8:30 - 9:00	VIV
CICLO WATTS	9:15 - 10:00	MAT
ZUMBA fitness	9:15 - 10:00	VIV
AQUAGYM	9:15 - 10:00	GE
STRONG NATION	10:15 - 11:00	VIV
VIRTUAL CYCLING	10:15 - 11:00	
AQUAGYM	10:15 - 11:00	GE
CROSS ROYAL ESSENTIAL	10:15 - 11:00	MAT
IOGA SOFT VINYASA	10:15 - 11:15	XI
MOBILITY	11:15 - 11:45	VIV
VIRTUAL CYCLING	11:15 - 12:00	
VIRTUAL CYCLING	12:15 - 13:00	

Dimecres

VIRTUAL CYCLING	6:45 - 7:30	
IOGA ASHTANGA	7:30 - 8:30	XI
VIRTUAL CYCLING	7:45 - 8:30	
CORE TRX	8:30 - 9:00	VIV
LES MILLS BODYPUMP	9:15 - 10:00	VIV
HBX BOXING	9:15 - 10:00	VI
VIRTUAL CYCLING	9:15 - 10:00	
AQUAGYM	9:15 - 10:00	MAT
SCULPT BOOTY	10:15 - 11:00	PA
VIRTUAL CYCLING	10:15 - 11:00	
AQUAGYM	10:15 - 11:00	MAT
PILATES	10:15 - 11:00	VIV
VIRTUAL CYCLING	11:15 - 12:00	
IOGA INTEGRAL	11:15 - 12:15	PA
VIRTUAL CYCLING	12:15 - 13:00	

Dijous

VIRTUAL CYCLING	6:45 - 7:30	
SPARTAN ROYAL	7:30 - 8:30	LA
VIRTUAL CYCLING	7:45 - 8:30	
MOBILITY	8:30 - 9:00	LA
CICLO WATTS	9:15 - 10:00	VI
ZUMBA fitness	09:15 - 10:00	PA
AQUAGYM	9:15 - 10:00	LA
VIRTUAL CYCLING	10:15 - 11:00	
AQUAGYM	10:15 - 11:00	LA
GYM GOLD	10:15 - 11:00	PA
CROSS ROYAL ESSENTIAL	10:15 - 11:00	VI
IOGA SOFT VINYASA	10:15 - 11:15	XI
MOBILITY	11:15 -11:45	PA
VIRTUAL CYCLING	11:15 - 12:00	
VIRTUAL CYCLING	12:15 - 13:00	

Divendres

VIRTUAL CYCLING	6:45 - 7:30	
IOGA ASHTANGA	7:30 - 8:30	XI
VIRTUAL CYCLING	7:45 - 8:30	
PILATES	9:15 - 10:00	VIV
SCULPT ARMS	9:15 - 10:00	LA
VIRTUAL CYCLING	9:15 - 10:00	
AQUAGYM	9:15 - 10:00	PA
VIRTUAL CYCLING	10:15 - 11:00	
AQUA ZUMBA	10:15 - 11:00	PA
HBX BOXING	10:15 - 11:00	LA
ZUMBA gold	10:15 - 11:00	VIV
VIRTUAL CYCLING	11:15 - 12:00	
IOGA INTEGRAL	11:15 - 12:15	PA
VIRTUAL CYCLING	12:15 - 13:00	

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	

MIGDIA

Dilluns

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
PILATES	14:30 - 15:15	PA
SPARTAN ROYAL	14:30 - 15:30	LA
CICLO WATTS	15:30 - 16:15	VI
SCULPT ARMS	15:30 - 16:15	OS
ABD	16:30 - 17:00	PA
VIRTUAL CYCLING	16:30 - 17:15	

Dimarts

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
LES MILLS BODYPUMP	14:30 - 15:15	GE
HBX BOXING	15:30 - 16:15	VI
ZUMBA fitness	15:30 - 16:15	PA
VIRTUAL CYCLING	15:30 - 16:45	
CROSS ROYAL ESSENTIAL	16:30 - 17:15	OS
VIRTUAL CYCLING	16:30 - 17:15	

Dimecres

VIRTUAL CYCLING	13:30 - 14:15	
HIIT	14:30 - 15:00	VI
VIRTUAL CYCLING	14:30 - 15:15	
PILATES	14:30 - 15:15	LA
CICLO WATTS	15:30 - 16:15	LA
SCULPT BOOTY	15:30 - 16:15	VI
AQUAGYM	15:30 - 16:15	GE
ABD	16:30 - 17:00	OS
VIRTUAL CYCLING	16:30 - 17:15	

Dijous

VIRTUAL CYCLING	13:30 - 14:15	
CORE TRX	14:30 - 15:00	VI
VIRTUAL CYCLING	14:30 - 15:15	
HBX BOXING	15:30 - 16:15	OS
VIRTUAL CYCLING	15:30 - 16:15	
LES MILLS BODYPUMP	15:30 - 16:15	MAT
PILATES	16:30 - 17:15	VIV
VIRTUAL CYCLING	16:30 - 17:15	

Divendres

VIRTUAL CYCLING	13:30 - 14:15	
HBX BOXING	14:30 - 15:15	GE
VIRTUAL CYCLING	14:30 - 15:15	
SPARTAN ROYAL	14:30 - 15:30	VI
CICLO WATTS	15:30 - 16:15	GE
ZUMBA fitness	15:30 - 16:15	VIV
STRETCHING	16:15 - 16:45	VIV
VIRTUAL CYCLING	16:30 - 17:15	

TARDA

Dilluns

VIRTUAL CYCLING	17:30 - 18:15	
LES MILLS BODYPUMP	17:30 - 18:15	PA
VIRTUAL CYCLING	18:30 - 19:15	
HBX BOXING	18:30 - 19:15	GE
CROSS ROYAL	18:30 - 19:15	VI
ZUMBA fitness	18:30 - 19:15	PA
CICLO WATTS	19:30 - 20:15	OS
SCULPT BOOTY	19:30 - 20:15	GE
IOGA VINYASA	19:30 - 20:30	RA
VIRTUAL CYCLING	20:30 - 21:15	

Dimarts

HBX BOXING	17:30 - 18:15	VI
VIRTUAL CYCLING	17:30 - 18:15	
SCULPT ARMS	17:30 - 18:15	OS
LES MILLS BODYPUMP	18:30 - 19:15	VIV
VIRTUAL CYCLING	18:30 - 19:15	
SPARTAN ROYAL	18:30 - 19:30	VI
RUNNING	18:30 - 19:30	MA
HATHA IOGA	18:30 - 19:30	PA
CROSS ROYAL ESSENTIAL	19:30 - 20:15	OS
ZUMBA fitness	19:30 - 20:15	MI
VIRTUAL CYCLING	19:30 - 20:15	
VIRTUAL CYCLING	20:30 - 21:15	

Dimecres

ABD	17:30 - 18:00	JO
VIRTUAL CYCLING	17:30 - 18:15	
VIRTUAL CYCLING	18:30 - 19:15	
PILATES	18:30 - 19:15	PA
CROSS ROYAL	18:30 - 19:15	OS
HBX BOXING	18:30 - 19:15	GE
AQUAGYM	19:30 - 20:15	PA
CICLO WATTS	19:30 - 20:15	GE
HATHA IOGA	19:30 - 20:30	RA
VIRTUAL CYCLING	20:30 - 21:15	

Dijous

VIRTUAL CYCLING	17:30 - 18:15	
SCULPT BOOTY	17:30 - 18:15	GE
HBX BOXING	17:30 - 18:15	OS
LES MILLS BODYPUMP	18:30 - 19:15	VIV
CICLO WATTS	18:30 - 19:15	GE
RUNNING	18:30 - 19:15	MA
SPARTAN ROYAL	18:30 - 19:30	OS
IOGA POWER VINYASA	18:30 - 19:30	MO
ZUMBA fitness	19:30 - 20:15	VIV
VIRTUAL CYCLING	19:30 - 20:15	
CROSS ROYAL ESSENTIAL	19:30 - 20:15	OS
VIRTUAL CYCLING	20:30 - 21:15	

Divendres

VIRTUAL CYCLING	17:30 - 18:15	
CROSS ROYAL	17:30 - 18:15	OS
MEDITACIÓ	17:30 - 18:30	NU
VIRTUAL CYCLING	18:30 - 19:15	
ZUMBA fitness	18:30 - 19:15	MI
VIRTUAL CYCLING	19:30 - 20:15	
PILATES	19:30 - 20:15	OS
VIRTUAL CYCLING	20:30 - 21:15	

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 · TONIFICACIÓ · CARDIO + TONO · ESTIRAMENTS · ESTIRAMENTS + TONO

INTENSITAT

BAIXA · MITJA · MITJA / ALTA · ALTA

TÈCNICS

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

- 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.