

HORARI D'ACTIVITATS VIGENT DES DEL 29 DE SETEMBRE DE 2025



MATÍ

» DILLUNS		
	VIRTUAL CYCLING	6:45 - 7:30
	VIRTUAL CYCLING	7:45 - 8:30
	TRX	8:30 - 9:00
	PILATES	9:15 - 10:00
	CICLO WATTS	9:15 - 10:00
	SCULPT ARMS	9:15 - 10:00
	AQUAGYM	9:15 - 10:00
	BODYPUMP	10:15 - 11:00
	HBX BOXING	10:15 - 11:00
	VIRTUAL CYCLING	10:15 - 11:00
	AQUAGYM	10:15 - 11:00
	WALKING OUTDOOR	10:15 - 11:15
	STRETCHING	11:15 - 12:00
	VIRTUAL CYCLING	11:15 - 12:00
	CORE	11:15 - 11:45
	VIRTUAL CYCLING	12:15 - 13:00

» DIMARTS		
	VIRTUAL CYCLING	6:45 - 7:30
	SCULPT	7:30 - 8:15
	VIRTUAL CYCLING	7:45 - 8:30
	AD MOVE	8:30 - 9:00
	VIRTUAL CYCLING	9:15 - 10:00
	PILATES	9:15 - 10:00
	TONO	9:15 - 10:00
	CROSS ROYAL ESSENTIAL	9:15 - 10:00
	AQUAGYM	9:15 - 10:00
	ZUMBA FITNESS	10:15 - 11:00
	CICLO WATTS	10:15 - 11:00
	CIRCUIT TONO	10:15 - 11:00
	AQUAGYM	10:15 - 11:00
	YOGA SOFT VINYASA	11:15 - 12:15
	VIRTUAL CYCLING	11:15 - 12:00
	VIRTUAL CYCLING	12:15 - 13:00

» DIMECRES		
	VIRTUAL CYCLING	6:45 - 7:30
	HATHA IOGA	7:30 - 8:30
	VIRTUAL CYCLING	7:45 - 8:30
	TRX	8:30 - 9:00
	BODYPUMP	9:15 - 10:00
	STRONG ZUMBA	9:15 - 9:45
	CICLO WATTS	9:15 - 10:00
	VIRTUAL CYCLING	9:15 - 10:00
	AQUAGYM	9:15 - 10:00
	PILATES	10:15 - 11:00
	SCULPT BOOTY	10:15 - 11:00
	ZUMBA GOLD	10:15 - 11:00
	VIRTUAL CYCLING	10:15 - 11:00
	AQUAGYM	10:15 - 11:00
	YOGA INTEGRAL	11:15 - 12:15
	VIRTUAL CYCLING	11:15 - 12:00
	HIIT	11:15 - 11:45
	VIRTUAL CYCLING	12:15 - 13:00

» DIJOUS		
	VIRTUAL CYCLING	6:45 - 7:30
	WOD RUN	7:30 - 8:30
	VIRTUAL CYCLING	7:45 - 8:30
	AD MOVE	8:30 - 9:00
	CROSS ROYAL ESSENTIAL	9:15 - 10:00
	ZUMBA FITNESS	9:15 - 10:00
	CIRCUIT TONO	9:15 - 10:00
	VIRTUAL CYCLING	9:15 - 10:00
	AQUAGYM	9:15 - 10:00
	CICLO WATTS	10:15 - 11:00
	PILATES	10:15 - 11:00
	TONO	10:15 - 11:00
	AQUAGYM	10:15 - 11:00
	VIRTUAL CYCLING	11:15 - 12:00
	STRETCHING	11:15 - 12:00
	VIRTUAL CYCLING	12:15 - 13:00

» DIVENDRES		
	VIRTUAL CYCLING	6:45 - 7:30
	HATHA IOGA	7:30 - 8:30
	VIRTUAL CYCLING	7:45 - 8:30
	PILATES	9:15 - 10:00
	CICLO WATTS	9:15 - 10:00
	HBX BOXING	9:15 - 10:00
	AQUAGYM	9:15 - 10:00
	VIRTUAL CYCLING	10:15 - 11:00
	SCULPT	10:15 - 11:00
	AQUAGYM	10:15 - 11:00
	ZUMBA GOLD	10:15 - 11:00
	WALKING OUTDOOR	10:15 - 11:15
	VIRTUAL CYCLING	11:15 - 12:00
	YOGA INTEGRAL	11:15 - 12:15
	MOBILITY	11:15 - 11:45
	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
	VIRTUAL CYCLING	13:30 - 14:15
	VIRTUAL CYCLING	14:30 - 15:15
	VIRTUAL CYCLING	15:30 - 16:15
	VIRTUAL CYCLING	16:30 - 17:15
	VIRTUAL CYCLING	17:30 - 18:15
	VIRTUAL CYCLING	18:30 - 19:15

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

MIGDIA

	VIRTUAL CYCLING	13:30 - 14:15
	VIRTUAL CYCLING	14:30 - 15:15
	TRX	14:30 - 15:00
	CROSS ROYAL ENDURANCE	14:30 - 15:30
	MOBILITY	14:30 - 15:00
	YOGA FIT	15:00 - 16:00
	CICLO WATTS	15:30 - 16:15
	SCULPT ARMS	15:30 - 16:15
	STRONG ZUMBA	15:30 - 16:00
	VIRTUAL CYCLING	16:30 - 17:15
	MOBILITY	16:30 - 17:00
	ABD	16:30 - 17:00

	VIRTUAL CYCLING	13:30 - 14:15
	VIRTUAL CYCLING	14:30 - 15:15
	BODYPUMP	14:30 - 15:15
	PILATES	14:30 - 15:15
	ZUMBA FITNESS	15:30 - 16:15
	VIRTUAL CYCLING	15:30 - 16:15
	HBX BOXING	15:30 - 16:15
	CORE	15:30 - 16:00
	AQUAGYM	15:30 - 16:15
	PILATES	16:30 - 17:15
	CROSS ROYAL ESSENTIAL	16:30 - 17:15
	VIRTUAL CYCLING	16:30 - 17:15
	HIIT	16:30 - 17:00

	VIRTUAL CYCLING	13:30 - 14:15
	VIRTUAL CYCLING	14:30 - 15:15
	CORE	14:30 - 15:00
	STRONG ZUMBA	14:30 - 15:00
	TONO	14:15 - 15:15
	YOGA RESTORE	15:00 - 16:00
	CICLO WATTS	15:30 - 16:15
	SCULPT BOOTY	15:30 - 16:15
	PILATES	15:30 - 16:15
	ABD	16:30 - 17:00
	MOBILITY	16:30 - 17:00
	VIRTUAL CYCLING	16:30 - 17:15

	VIRTUAL CYCLING	13:30 - 14:15
	TRX	14:30 - 15:00
	VIRTUAL CYCLING	14:30 - 15:15
	SCULPT	14:30 - 15:15
	HBX BOXING	15:30 - 16:15
	VIRTUAL CYCLING	15:30 - 16:15
	BODYPUMP	15:30 - 16:15
	MOBILITY	15:30 - 16:00
	PILATES	16:30 - 17:15
	CORE	16:30 - 17:00
	VIRTUAL CYCLING	16:30 - 17:15
	CROSS ROYAL ESSENTIAL	16:30 - 17:15

	VIRTUAL CYCLING	13:30 - 14:15
	VIRTUAL CYCLING	14:30 - 15:15
	PILATES	14:30 - 15:15
	WOD RUN	14:30 - 15:30
	CICLO WATTS	15:30 - 16:15
	ZUMBA FITNESS	15:30 - 16:15
	STRONG ZUMBA	15:30 - 16:00
	STRETCHING	16:30 - 17:00
	VIRTUAL CYCLING	16:30 - 17:15

ESPAIS	
SALA TARRACO	OUTDOOR
ROYAL ASHRAM	ROYAL STRONG
ROYAL WATTS	BOX ROYAL
ROYAL HBX	CICLO INDOOR VIRTUAL
PISCINA	FUNCTIONAL FIT AREA
ROYAL ESSENCE *	
* Exclusiu per abonats de quota Royal	
** L'espai pot variar en funció de l'activitat	

TARDA

	BODYPUMP	17:30 - 18:15
	STRONG ZUMBA	17:30 - 18:00
	VIRTUAL CYCLING	17:30 - 18:15
	ZUMBA FITNESS	18:30 - 19:15
	PILATES	18:30 - 19:15
	CROSS ROYAL ESSENTIAL	18:30 - 19:15
	HBX BOXING	18:30 - 19:15
	VIRTUAL CYCLING	18:30 - 19:15
	CORE	18:30 - 19:00
	CICLO WATTS	19:30 - 20:15
	YOGA VINYASA	19:30 - 20:30
	SCULPT BOOTY	19:30 - 20:15
	MOBILITY	19:30 - 20:00
	WOD RUN	19:30 - 20:30
	TRX	20:30 - 21:00
	VIRTUAL CYCLING	20:30 - 21:15

	HBX BOXING	17:30 - 18:15
	VIRTUAL CYCLING	17:30 - 18:15
	SCULPT ARMS	17:30 - 18:15
	BODYPUMP	18:30 - 19:15
	VIRTUAL CYCLING	18:30 - 19:15
	HATHA IOGA	18:30 - 19:30
	CROSS ROYAL ENDURANCE	18:30 - 19:30
	RUNNING	18:30 - 19:30
	STRONG ZUMBA	18:30 - 19:00
	MOBILITY	18:30 - 19:00
	ZUMBA FITNESS	19:30 - 20:15
	CROSS ROYAL ESSENTIAL	19:30 - 20:15
	VIRTUAL CYCLING	19:30 - 20:15
	CORE	19:30 - 20:00
	AQUAGYM	19:30 - 20:15
	VIRTUAL CYCLING	20:30 - 21:15
	STRETCHING	20:30 - 21:00

	CORE	17:30 - 18:00
	VIRTUAL CYCLING	17:30 - 18:15
	BODYPUMP	17:30 - 18:15
	YOGA FIT	17:30 - 18:30
	VIRTUAL CYCLING	18:30 - 19:15
	PILATES	18:30 - 19:15
	HBX BOXING	18:30 - 19:15
	CROSS ROYAL	18:30 - 19:30
	TONO	18:30 - 19:15
	HIIT	18:30 - 19:00
	CICLO WATTS	19:30 - 20:15
	SCULPT	19:30 - 20:15
	HATHA IOGA	19:30 - 20:30
	HIIT	19:30 - 20:00
	TRX	20:30 - 21:00
	VIRTUAL CYCLING	20:30 - 21:15

	CICLO WATTS	17:30 - 18:15
	HBX BOXING	17:30 - 18:15
	SCULPT BOOTY	17:30 - 18:15
	BODYPUMP	18:30 - 19:15
	VIRTUAL CYCLING	18:30 - 19:15
	WOD RUN	18:30 - 19:30
	YOGA POWER VINYASA	18:30 - 19:30
	RUNNING	18:30 - 19:30
	STRONG ZUMBA	18:30 - 19:00
	CORE	18:30 - 19:00
	ZUMBA FITNESS	19:30 - 20:15
	VIRTUAL CYCLING	19:30 - 20:15
	CROSS ROYAL ESSENTIAL	19:30 - 20:15
	VIRTUAL CYCLING	19:30 - 20:15
	MOBILITY	19:30 - 20:00
	AQUAGYM	19:30 - 20:15
	VIRTUAL CYCLING	20:30 - 21:15
	STRETCHING	20:30 - 21:00

	CORE	17:00 - 17:30
	YOGA FIT	17:30 - 18:30
	VIRTUAL CYCLING	17:30 - 18:15
	CROSS ROYAL	17:30 - 18:30
	MOBILITY	18:30 - 19:00
	VIRTUAL CYCLING	18:30 - 19:15
	ZUMBA FITNESS	18:30 - 19:15
	TONO	18:30 - 19:15
	VIRTUAL CYCLING	19:30 - 20:15
	PILATES	19:30 - 20:15
	CORE	19:30 - 20:00
	VIRTUAL CYCLING	20:30 - 21:15

TIPUS D'ACTIVITAT	
	CARDIO
	FORÇA
	CARDIO + FORÇA
	COS I MENT
	FORÇA + ESTIRAMENTS
INTENSITAT	
	BAIXA
	MITJA
	MITJA - ALTA
	ALTA

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- Per participar en qualsevol activitat, cal fer la reserva prèvia mitjançant l'app. En cas de no poder assistir, cal anul·lar la teva reserva també a través de l'app.
- Respecta la normativa de cada espai.
- El centre pot modificar o suspendre activitats.
- Es requereix un mínim de 2 persones per sessió.
- Les activitats a l'espai "Royal Outdoor" es poden modificar o cancel·lar per motius climàtics.