

## HORARI D'ACTIVITATS VIGENT DES DEL 15 DE DESEMBRE DE 2025



**» 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  |
|  | LES MILLS<br>BODYPUMP | 10:15 - 11:00 |
|  | HBX BOXING            | 10:15 - 11:00 |
|  | VIRTUAL CYCLING       | 10:15 - 11:00 |
|  | ZUMBA                 | 10:15 - 11:00 |
|  | STRETCHING            | 11:15 - 12:00 |
|  | VIRTUAL CYCLING       | 11:15 - 12:00 |
|  | 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  |
|  | ZUMBA<br>fitness      | 10:15 - 11:00 |
|  | CIRCUIT TONO          | 10:15 - 11:00 |
|  | AQUAGYM               | 10:15 - 11:00 |
|  | VIRTUAL CYCLING       | 10:15 - 11:00 |
|  | YOGA SOFT VINAYASA    | 11:15 - 12:15 |
|  | VIRTUAL CYCLING       | 11:15 - 12:00 |
|  | VIRTUAL CYCLING       | 12:15 - 13:00 |

**>> DIMECRES**

|                                                                                     |                          |               |
|-------------------------------------------------------------------------------------|--------------------------|---------------|
|  | VIRTUAL CYCLING          | 6:45 - 7:30   |
|  | HATHA YOGA               | 7:30 - 8:30   |
|  | VIRTUAL CYCLING          | 7:45 - 8:30   |
|  | TRX                      | 8:30 - 9:00   |
|  | L. DORELLE'S<br>BODYPUMP | 9:15 - 10:00  |
|  | STRONG                   | 9:15 - 9:45   |
|  | CICLO WATTS              | 9:15 - 10:00  |
|  | VIRTUAL CYCLING          | 9:15 - 10:00  |
|  | PILATES                  | 10:15 - 11:00 |
|  | SCULPT BOOTY             | 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 |
|  | VIRTUAL CYCLING          | 12:15 - 13:00 |

» DIJOURS

|                                                                                     |                       |               |
|-------------------------------------------------------------------------------------|-----------------------|---------------|
|  | VIRTUAL CYCLING       | 6:45 - 7:30   |
|  | SCULPT                | 7:30 - 8:30   |
|  | VIRTUAL CYCLING       | 7:45 - 8:30   |
|  | AD MOVE               | 8:30 - 9:00   |
|  | CROSS ROYAL ESSENTIAL | 9:15 - 10:00  |
|  | ZUMBA<br>fitness      | 9:15 - 10:00  |
|  | CIRCUIT TONO          | 9:15 - 10:00  |
|  | VIRTUAL CYCLING       | 9:15 - 10:00  |
|  | VIRTUAL CYCLING       | 10:15 - 11:00 |
|  | PILATES               | 10:15 - 11:00 |
|  | TONO                  | 10:15 - 11:00 |
|  | aqua<br>ZUMBA         | 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 YOGA      | 7:30 - 8:30   |
|  | VIRTUAL CYCLING | 7:45 - 8:30   |
|  | PILATES         | 9:15 - 10:00  |
|  | HBX BOXING      | 9:15 - 10:00  |
|  | VIRTUAL CYCLING | 9:15 - 10:00  |
|  | VIRTUAL CYCLING | 10:15 - 11:00 |
|  | SCULPT          | 10:15 - 11:00 |
|  | AQUAGYM         | 10:15 - 11:00 |
|  | ZUMBA<br>GOLD   | 10:15 - 11:00 |
|  | VIRTUAL CYCLING | 11:15 - 12:00 |
|  | YOGA INTEGRAL   | 11:15 - 12:15 |
|  | VIRTUAL CYCLING | 12:15 - 13:00 |

» DISSABTE

|                                                                                     |                         |                      |
|-------------------------------------------------------------------------------------|-------------------------|----------------------|
|  | VIRTUAL CYCLING         | 9:15 - 10:00         |
|  | <b>WEEKEND CLASS **</b> | <b>10:15 - 11:00</b> |
|  | 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 |

## ESPAIS

|              |                         |
|--------------|-------------------------|
| SALA TARRACO | OUTDOOR                 |
| ROYAL ASHRAM | ROYAL STRONG            |
| ROYAL WATTS  | BOX ROYAL               |
| ROYAL HBX    | CICLO INDOOR<br>VIRTUAL |
| PISCINA      | FUNCTIONAL FIT<br>AREA  |

\* *Exclusiu per abonats de quota Royal*  
 \*\* *L'espai pot variar en funció de l'activitat*

## TIPUS D'ACTIVITAT

- CARDIO
- FORÇA
- CARDIO + FORÇA
- COS I MENT
- FORÇA + ESTIRAMENTS

## INTENSITAT

BAIXA      MITJA      MITJA - ALTA      ALTA

**royaltarraco.es**

- 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.

**MATÍ**

## MIGDIA

# TARDA

|                                                                                     |                       |               |
|-------------------------------------------------------------------------------------|-----------------------|---------------|
|    | VIRTUAL CYCLING       | 13:30 - 14:15 |
|  | VIRTUAL CYCLING       | 14:30 - 15:15 |
|  | TRX                   | 14:30 - 15:00 |
|  | CROSS ROYAL ENDURANCE | 14:30 - 15:30 |
|  | YOGA FIT              | 15:00 - 16:00 |
|  | CICLO WATTS           | 15:30 - 16:15 |
|  | STRONG                | 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 |
|   | <b>LES MILLS<br/>BODYPUMP</b> | 14:30 - 15:15 |
|   | PILATES                       | 14:30 - 15:15 |
|   | <b>ZUMBA</b><br>fitness       | 15:30 - 16:15 |
|   | VIRTUAL CYCLING               | 15:30 - 16:15 |
|   | <b>HBX BOXING</b>             | 15:30 - 16:15 |
|   | PILATES                       | 16:30 - 17:15 |
|   | CROSS ROYAL ESSENTIAL         | 16:30 - 17:15 |
|   | VIRTUAL CYCLING               | 16:30 - 17:15 |

|                                                                                       |                        |               |
|---------------------------------------------------------------------------------------|------------------------|---------------|
|   | <b>VIRTUAL CYCLING</b> | 13:30 - 14:15 |
|  | <b>VIRTUAL CYCLING</b> | 14:30 - 15:15 |
|  | <b>CORE</b>            | 14:30 - 15:00 |
|  | <b>TONO</b>            | 14:15 - 15:15 |
|  | <b>YOGA RESTORE</b>    | 15:00 - 16:00 |
|  | <b>CICLO WATTS</b>     | 15:30 - 16:15 |
|  | <b>SCULPT BOOTY</b>    | 15:30 - 16:15 |
|  | <b>ABD</b>             | 16:30 - 17:00 |
|  | <b>MOBILITY</b>        | 16:30 - 17:00 |
|  | <b>VIRTUAL CYCLING</b> | 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 |
|  | LES MILLS BODYPUMP    | 15:30 - 16:15 |
|  | AQUAGYM               | 15:30 - 16:15 |
|  | 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        | 15:30 - 16:00 |
|   | STRETCHING                                                                                          | 16:30 - 17:00 |
|   | VIRTUAL CYCLING                                                                                     | 16:30 - 17:15 |

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|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------|---------------|
|  |  | <b>LEE MILLS<br/>BODYPUMP</b> | 17:30 - 18:15 |
|  |  | <b>STRONG</b>                 | 17:30 - 18:00 |
|  |  | <b>VIRTUAL CYCLING</b>        | 17:30 - 18:15 |
|  |  | <b>PILATES</b>                | 18:30 - 19:15 |
|  |  | <b>CROSS ROYAL ESSENTIAL</b>  | 18:30 - 19:15 |
|  |  | <b>HBX BOXING</b>             | 18:30 - 19:15 |
|  |  | <b>VIRTUAL CYCLING</b>        | 18:30 - 19:15 |
|  |  | <b>CICLO WATTS</b>            | 19:30 - 20:15 |
|  |  | <b>YOGA VINYASA</b>           | 19:30 - 20:30 |
|  |  | <b>MOBILITY</b>               | 19:30 - 20:00 |
|  |  | <b>TRX</b>                    | 20:30 - 21:00 |
|  |  | <b>VIRTUAL CYCLING</b>        | 20:30 - 21:15 |

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|-------------------------------------------------------------------------------------|-----------------------|---------------|
|  | VIRTUAL CYCLING       | 17:30 - 18:15 |
|  | HBX BOXING            | 17:30 - 18:15 |
|  | SCULPT ARMS           | 17:30 - 18:15 |
|  | LES MILLS BODYPUMP    | 18:30 - 19:15 |
|  | VIRTUAL CYCLING       | 18:30 - 19:15 |
|  | HATHA IOGA            | 18:30 - 19:30 |
|  | CROSS ROYAL ENDURANCE | 18:30 - 19:30 |
|  | STRONG                | 18:30 - 19:00 |
|  | ZUMBA FITNESS         | 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 |
|   | <b>L. JIMBLE'S<br/>BODYPUMP</b> | 17.30 - 18.15 |
|   | YOGA FIT                        | 17:30 - 18:30 |
|   | VIRTUAL CYCLING                 | 18:30 - 19:15 |
|   | PILATES                         | 18:30 - 19:15 |
|   | <b>HBX BOXING</b>               | 18:30 - 19:15 |
|   | CROSS ROYAL                     | 18:30 - 19:30 |
|   | CICLO WATTS                     | 19:30 - 20:15 |
|   | SCULPT                          | 19:30 - 20:15 |
|   | HATHA YOGA                      | 19:30 - 20:30 |
|   | TRX                             | 20:30 - 21:00 |
|   | VIRTUAL CYCLING                 | 20:30 - 21:15 |

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|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------|
|  |  | CICLO WATTS                                                                                                   | 17:30 - 18:15 |
|  |  | SCULPT BOOTY                                                                                                  | 17:30 - 18:15 |
|  |  | <b>L. DIAM. L.B.</b><br><b>BODYPUMP</b>                                                                       | 18:30 - 19:15 |
|  |  | VIRTUAL CYCLING                                                                                               | 18:30 - 19:15 |
|  |  | WOD RUN                                                                                                       | 18:30 - 19:30 |
|  |  | YOGA POWER VINYASA                                                                                            | 18:30 - 19:30 |
|  |  |  <b>STRONG</b>           | 18:30 - 19:00 |
|  |  |  <b>ZUMBA</b><br>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 |
|  |  | VIRTUAL CYCLING                                                                                               | 20:30 - 21:15 |
|  |  | STRETCHING                                                                                                    | 20:30 - 21:00 |

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------|
|   | <b>CORE</b>                                                                                                   | 17:00 - 17:30 |
|   | <b>YOGA FIT</b>                                                                                               | 17:30 - 18:30 |
|   | <b>VIRTUAL CYCLING</b>                                                                                        | 17:30 - 18:15 |
|   | <b>CROSS ROYAL</b>                                                                                            | 17:30 - 18:30 |
|   | <b>VIRTUAL CYCLING</b>                                                                                        | 18:30 - 19:15 |
|   |  <b>ZUMBA</b><br>fitness | 18:30 - 19:15 |
|   | <b>TONO</b>                                                                                                   | 18:30 - 19:15 |
|   | <b>VIRTUAL CYCLING</b>                                                                                        | 19:30 - 20:15 |
|   | <b>PILATES</b>                                                                                                | 19:30 - 20:15 |
|   | <b>VIRTUAL CYCLING</b>                                                                                        | 20:30 - 21:15 |