

HORARI D'ACTIVITATS VIGENT DES DEL 2 DE MARÇ DE 2026

	» DILLUNS	» DIMARTS	» DIMECRES	» DIJOUS	» DIVENDRES	» DISSABTE
MATÍ	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 9:15 - 10:00
	VIRTUAL CYCLING 7:45 - 8:30	SCULPT 7:30 - 8:15 PL	HATHA IOGA 7:30 - 8:30 PL	WOD RUN 7:30 - 8:30 AD	HATHA IOGA 7:30 - 8:30 PL	WEEKEND CLASS ** 10:15 - 11:00
	TRX 8:30 - 9:00 VI	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 7:45 - 8:30	VIRTUAL CYCLING 10:15 - 11:00
	PILATES 9:15 - 10:00 PL	AD MOVE 8:30 - 9:00 VI	TRX 8:30 - 9:00 VI	AD MOVE 8:30 - 9:00 MR	PILATES 9:15 - 10:00 VI	VIRTUAL CYCLING 11:15 - 12:00
	CICLO WATTS 9:15 - 10:00 MN	VIRTUAL CYCLING 9:15 - 10:00	L'ESMALLE BODYPUMP 9:15 - 10:00 VI	CROSS ROYAL ESSENTIAL 9:15 - 10:00 VD	CICLO WATTS 9:15 - 10:00	VIRTUAL CYCLING 12:15 - 13:00
	SCULPT ARMS 9:15 - 10:00 MT	PILATES 9:15 - 10:00 VI	STRONG 9:15 - 9:45 JF	ZUMBA 9:15 - 10:00 MR	SCULPT 9:15 - 10:00 AD	VIRTUAL CYCLING 13:30 - 14:15
	AQUAGYM 9:15 - 10:00 VI	IOGA PROPS 9:15 - 10:15 MA	CICLO WATTS 9:15 - 10:00 MT	CIRCUIT TONO 9:15 - 10:00 JF	HBX BOXING 9:15 - 10:00 GR	VIRTUAL CYCLING 14:30 - 15:15
	PILATES ELEMENTS 9:15 - 10:00 MR	TONO 9:15 - 10:00 PL	AQUAGYM 9:15 - 10:00 MR	VIRTUAL CYCLING 9:15 - 10:00	AQUAGYM 9:15 - 10:00 MN	VIRTUAL CYCLING 15:30 - 16:15
	L'ESMALLE BODYPUMP 10:15 - 11:00 MT	CROSS ROYAL ESSENTIAL 9:15 - 10:00 MT	PILATES 10:15 - 11:00 PL	AQUAGYM 9:15 - 10:00 PL	PILATES ELEMENTS 9:15 - 10:00 PL	VIRTUAL CYCLING 16:30 - 17:15
	HBX BOXING 10:15 - 11:00 MN	AQUAGYM 9:15 - 10:00 DB	SCULPT BOOTY 10:15 - 11:00 JF	IOGA PROPS 9:15 - 10:15 MA	VIRTUAL CYCLING 10:15 - 11:00	VIRTUAL CYCLING 17:30 - 18:15
	VIRTUAL CYCLING 10:15 - 11:00	ZUMBA 10:15 - 11:00 PL	ZUMBA 10:15 - 11:00 VI	CICLO WATTS 10:15 - 11:00 VD	SCULPT 10:15 - 11:00 GR	VIRTUAL CYCLING 18:30 - 19:15
	ZUMBA 10:15 - 11:00 VI	CICLO WATTS 10:15 - 11:00 MT	VIRTUAL CYCLING 10:15 - 11:00	PILATES 10:15 - 11:00 JF	AQUAGYM 10:15 - 11:00 MN	
WALKING OUTDOOR 10:15 - 11:15 MR	CIRCUIT TONO 10:15 - 11:00 VI	AQUAGYM 10:15 - 11:00 MR	TONO 10:15 - 11:00 MR	ZUMBA 10:15 - 11:00 VI		
STRETCHING 11:15 - 12:00 PL	AQUAGYM 10:15 - 11:00 DB	IOGA INTEGRAL 11:15 - 12:15 PL	ZUMBA 10:15 - 11:00 PL	VIRTUAL CYCLING 11:15 - 12:00		
VIRTUAL CYCLING 11:15 - 12:00	IOGA SOFT VINYASA 11:15 - 12:15 XI	VIRTUAL CYCLING 11:15 - 12:00	VIRTUAL CYCLING 11:15 - 12:00	IOGA INTEGRAL 11:15 - 12:15 PL		
CORE 11:15 - 11:45 GR	VIRTUAL CYCLING 11:15 - 12:00	HIIT 11:15 - 11:45 MT	STRETCHING 11:15 - 12:00 MR	MOBILITY 11:15 - 11:45 VI		
VIRTUAL CYCLING 12:15 - 13:00	VIRTUAL CYCLING 12:15 - 13:00	VIRTUAL CYCLING 12:15 - 13:00	VIRTUAL CYCLING 12:15 - 13:00	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	VIRTUAL CYCLING 14:30 - 15:15	TRX 14:30 - 15:00 GR	VIRTUAL CYCLING 14:30 - 15:15	
	TRX 14:30 - 15:00 AD	L'ESMALLE BODYPUMP 14:30 - 15:15 GR	CORE 14:30 - 15:00 MR	VIRTUAL CYCLING 14:30 - 15:15	PILATES 14:30 - 15:15 MN	
	CROSS ROYAL ENDURANCE 14:30 - 15:30 MT	PILATES 14:30 - 15:15 MR	STRONG 14:30 - 15:00 DB	SCULPT 14:30 - 15:15 MN	WOD RUN 14:30 - 15:30 VD	
	MOBILITY 14:30 - 15:00 MN	ZUMBA 15:30 - 16:15 DB	TONO 14:15 - 15:15 GR	HBX BOXING 15:30 - 16:15 DB	CICLO WATTS 15:30 - 16:15 GR	
	IOGA FIT 15:00 - 16:00 XI	VIRTUAL CYCLING 15:30 - 16:15	IOGA RESTORE 15:00 - 16:00 XI	VIRTUAL CYCLING 15:30 - 16:15	ZUMBA 15:30 - 16:15 MN	
	CICLO WATTS 15:30 - 16:15 VD	HBX BOXING 15:30 - 16:15 VD	CICLO WATTS 15:30 - 16:15 AD	L'ESMALLE BODYPUMP 15:30 - 16:15 AD	STRONG 15:30 - 16:00 JF	
	SCULPT ARMS 15:30 - 16:15 MT	CORE 15:30 - 16:00 JF	SCULPT BOOTY 15:30 - 16:15 GR	MOBILITY 15:30 - 16:00 MN	STRETCHING 16:30 - 17:00 MN	
	STRONG 15:30 - 16:00 DB	AQUAGYM 15:30 - 16:15 MR	PILATES 15:30 - 16:15 MN	AQUAGYM 15:30 - 16:15 DV	VIRTUAL CYCLING 16:30 - 17:15	
	VIRTUAL CYCLING 16:30 - 17:15	PILATES 16:30 - 17:15 MN	ABD 16:30 - 17:00 MT	PILATES 16:30 - 17:15 VI		
	MOBILITY 16:30 - 17:00 MN	CROSS ROYAL ESSENTIAL 16:30 - 17:15 DB	MOBILITY 16:30 - 17:00 MR	CORE 16:30 - 17:00 DB		
	ABD 16:30 - 17:00 MT	VIRTUAL CYCLING 16:30 - 17:15	VIRTUAL CYCLING 16:30 - 17:15	VIRTUAL CYCLING 16:30 - 17:15		
TARDA	L'ESMALLE BODYPUMP 17:30 - 18:15 AD	HBX BOXING 17:30 - 18:15 AD	CORE 17:30 - 18:00 MT	CICLO WATTS 17:30 - 18:15 GR	CORE 17:00 - 17:30 JF	
	STRONG 17:30 - 18:00 VI	SCULPT ARMS 17:30 - 18:15 JF	VIRTUAL CYCLING 17:30 - 18:15	HBX BOXING 17:30 - 18:15 MN	IOGA FIT 17:30 - 18:30 LO	
	VIRTUAL CYCLING 17:30 - 18:15	CICLO WATTS 17:30 - 18:15 MN	L'ESMALLE BODYPUMP 17:30 - 18:15 MN	SCULPT BOOTY 17:30 - 18:15 MT	VIRTUAL CYCLING 17:30 - 18:15	
	ZUMBA 18:30 - 19:15 JF	L'ESMALLE BODYPUMP 18:30 - 19:15 IA	IOGA FIT 17:30 - 18:30 LO	L'ESMALLE BODYPUMP 18:30 - 19:15 VI	CROSS ROYAL 17:30 - 18:30 MT	
	PILATES 18:30 - 19:15 VI	VIRTUAL CYCLING 18:30 - 19:15	VIRTUAL CYCLING 18:30 - 19:15	VIRTUAL CYCLING 18:30 - 19:15	MOBILITY 18:30 - 19:00 JF	
	CROSS ROYAL ESSENTIAL 18:30 - 19:15 VD	HATHA IOGA 18:30 - 19:30 LO	PILATES 18:30 - 19:15 AD	WOD RUN 18:30 - 19:30 MT	VIRTUAL CYCLING 18:30 - 19:15	
	HBX BOXING 18:30 - 19:15 GR	CROSS ROYAL ENDURANCE 18:30 - 19:30 GR	HBX BOXING 18:30 - 19:15 GR	IOGA POWER VINYASA 18:30 - 19:30 LO	VIRTUAL CYCLING 18:30 - 19:15	
	VIRTUAL CYCLING 18:30 - 19:15	RUNNING 18:30 - 19:30 AD	CROSS ROYAL 18:30 - 19:30 MT	RUNNING 18:30 - 19:30 AD	ZUMBA 18:30 - 19:15 DB	
	CORE 18:30 - 19:00 MR	STRONG 18:30 - 19:00 VI	TONO 18:30 - 19:15 JF	STRONG 18:30 - 19:00 MN	TONO 18:30 - 19:15 MR	
	CICLO WATTS 19:30 - 20:15 GR	MOBILITY 18:30 - 19:00 MT	HIIT 18:30 - 19:00 DB	CORE 18:30 - 19:00 JF	VIRTUAL CYCLING 19:30 - 20:15	
	IOGA VINYASA 19:30 - 20:30 LO	ZUMBA 19:30 - 20:15 IA	CICLO WATTS 19:30 - 20:15 MN	ZUMBA 19:30 - 20:15 VI	PILATES 19:30 - 20:15 MR	
	SCULPT BOOTY 19:30 - 20:15 JF	CROSS ROYAL ESSENTIAL 19:30 - 20:15 GR	SCULPT 19:30 - 20:15 JF	VIRTUAL CYCLING 19:30 - 20:15	CORE 19:30 - 20:00 MT	
MOBILITY 19:30 - 20:00 VI	VIRTUAL CYCLING 19:30 - 20:15	HATHA IOGA 19:30 - 20:30 LO	CROSS ROYAL ESSENTIAL 19:30 - 20:15 MT	VIRTUAL CYCLING 20:30 - 21:15		
WOD RUN 19:30 - 20:30 AD	CORE 19:30 - 20:00 MT	HIIT 19:30 - 20:00 AD	VIRTUAL CYCLING 19:30 - 20:15			
TRX 20:30 - 21:00 JF	AQUAGYM 19:30 - 20:15 MR	TRX 20:30 - 21:00 JF	MOBILITY 19:30 - 20:00 JF			
VIRTUAL CYCLING 20:30 - 21:15	VIRTUAL CYCLING 20:30 - 21:15	VIRTUAL CYCLING 20:30 - 21:15	AQUAGYM 19:30 - 20:15 MR			
	STRETCHING 20:30 - 21:00 IA		VIRTUAL CYCLING 20:30 - 21:15			
			STRETCHING 20:30 - 21:00 VI			

» 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 VIRTUAL
PISCINA	FUNCTIONAL FIT AREA
ROYAL ESSENCE *	

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

TÈCNICS

VIDAL (V)	MONTSE (MN)	LORENA (LO)
VIVIANA (VI)	MARTA (MR)	PAOLA (PL)
ADRIÀ (AD)	MATI (MT)	JEFFERSON (JF)
GERARD (GR)	IARA (IA)	DÉBORA (DB)
DAVID (DV)	XIMENA (XI)	MONTSE OLVÉ (MO)
	MAR (MA)	

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.