

# HORARI D'ACTIVITATS VIGENT DES DEL 22 DE JUNY DE 2026

MATÍ

» DILLUNS

🏠	VIRTUAL CYCLING	6:45 - 7:30
🏠	VIRTUAL CYCLING	7:45 - 8:30
🏠	TRX	8:30 - 9:00
🏠	PILATES	9:15 - 10:00
🏠	VIRTUAL CYCLING	9:15 - 10:00
🏠	SCULPT ARMS	9:15 - 10:00
🏠	PILATES ELEMENTS	9:15 - 10:00
🏠	LES MILLS 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
🏠	CICLO WATTS	9:15 - 10:00
🏠	PILATES	9:15 - 10:00
🏠	TONO	9:15 - 10:00
🏠	CROSS ROYAL ESSENTIAL	10:15 - 11:00
🏠	ZUMBA	10:15 - 11:00
🏠	VIRTUAL CYCLING	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
🏠	LES MILLS BODYPUMP	9:15 - 10:00
🏠	STRONG	9:15 - 9:45
🏠	VIRTUAL CYCLING	9:15 - 10:00
🏠	PILATES	10:15 - 11:00
🏠	SCULPT BOOTY	10:15 - 11:00
🏠	ZUMBA	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

» 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	9:15 - 10:00
🏠	PILATES	9:15 - 10:00
🏠	VIRTUAL CYCLING	9:15 - 10:00
🏠	CICLO WATTS	10:15 - 11:00
🏠	TONO	10:15 - 11:00
🏠	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 IOGA	7:30 - 8:30
🏠	VIRTUAL CYCLING	7:45 - 8:30
🏠	PILATES	9:15 - 10:00
🏠	VIRTUAL CYCLING	9:15 - 10:00
🏠	SCULPT	9:15 - 10:00
🏠	HBX BOXING	9:15 - 10:00
🏠	VIRTUAL CYCLING	10:15 - 11:00
🏠	SCULPT	10:15 - 11:00
🏠	AQUAGYM	10:15 - 11:00
🏠	ZUMBA	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
🏠	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
🏠	YOGA FIT	15:00 - 16:00
🏠	CICLO WATTS	15:30 - 16:15
🏠	SCULPT ARMS	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
🏠	LES MILLS BODYPUMP	14:30 - 15:15
🏠	PILATES	14:30 - 15:15
🏠	ZUMBA	15:30 - 16:15
🏠	VIRTUAL CYCLING	15:30 - 16:15
🏠	HBX BOXING	15:30 - 16:15
🏠	PILATES	16:30 - 17:15
🏠	CROSS ROYAL ESSENTIAL	16:30 - 17:15
🏠	VIRTUAL CYCLING	16:30 - 17:15

🏠	VIRTUAL CYCLING	13:30 - 14:15
🏠	VIRTUAL CYCLING	14:30 - 15:15
🏠	CORE	14:30 - 15:00
🏠	TONO	14:30 - 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
🏠	LES MILLS BODYPUMP	15:30 - 16:15
🏠	AQUAGYM	15:30 - 16:15
🏠	PILATES	16:30 - 17:15
🏠	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	15:30 - 16:15
🏠	STRETCHING	16:30 - 17:00
🏠	VIRTUAL CYCLING	16:30 - 17:15

ESP AIS

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

🏠	LES MILLS BODYPUMP	17:30 - 18:15
🏠	STRONG	17:30 - 18:00
🏠	VIRTUAL CYCLING	17:30 - 18:15
🏠	ZUMBA	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
🏠	CICLO WATTS	19:30 - 20:15
🏠	YOGA VINYASA	19:30 - 20:30
🏠	SCULPT BOOTY	19:30 - 20:15
🏠	MOBILITY	19:30 - 20:00
🏠	TRX	20:30 - 21:00
🏠	VIRTUAL CYCLING	20:30 - 21:15

🏠	HBX BOXING	17:30 - 18:15
🏠	SCULPT ARMS	17:30 - 18:15
🏠	VIRTUAL CYCLING	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
🏠	RUNNING	19:30 - 20:30
🏠	ZUMBA	19:30 - 20:15
🏠	CROSS ROYAL ESSENTIAL	19:30 - 20:15
🏠	VIRTUAL CYCLING	19:30 - 20:15
🏠	CORE	19:30 - 20:00
🏠	VIRTUAL CYCLING	20:30 - 21:15
🏠	STRETCHING	20:30 - 21:00

🏠	CORE	17:30 - 18:00
🏠	VIRTUAL CYCLING	17:30 - 18:15
🏠	LES MILLS 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
🏠	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
🏠	LES MILLS BODYPUMP	18:30 - 19:15
🏠	VIRTUAL CYCLING	18:30 - 19:15
🏠	YOGA POWER VINYASA	18:30 - 19:30
🏠	WOD RUN	18:30 - 19:30
🏠	STRONG	18:30 - 19:00
🏠	RUNNING	19:30 - 20:30
🏠	ZUMBA	19:30 - 20:15
🏠	VIRTUAL CYCLING	19:30 - 20:15
🏠	CROSS ROYAL ESSENTIAL	19:30 - 20:15
🏠	MOBILITY	19:30 - 20:00
🏠	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
🏠	VIRTUAL CYCLING	18:30 - 19:15
🏠	ZUMBA	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
🏠	COSI 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.