HORARI D'ACTIVITATS VIGENT DES DEL 5 D'OCTUBRE DE 2026

royal TARRACO

MATÍ

DILLUNS

VIRTUAL CYCLING	6:45 - 7:30	
VIRTUAL CYCLING	7:45 - 8:30	
TRX	8:30 - 9:00	VI
PILATES	9:15 - 10:00	PL
CICLO WATTS	9:15 - 10:00	MN
SCULPT ARMS	9:15 - 10:00	KV
AQUAGYM	9:15 - 10:00	VI
PILATES ELEMENTS	9:15 - 10:00	MR
LES MILLS BODYPUMP	10:15 - 11:00	MT
HBX BOXING	10:15 - 11:00	MN
VIRTUAL CYCLING	10:15 -11:00	
ZUMBA	10:15 -11:00	VI
WALKING OUTDOOR	10:15 - 11:15	MR
STRETCHING	11:15 - 12:00	PL
VIRTUAL CYCLING	11:15 - 12:00	
CORE	11:15 - 11:45	KV
VIRTUAL CYCLING	12:15 - 13:00	

DIMARTS

VIRTUAL CYCLING	6:45 - 7:30	
SCULPT	7:30 - 8:15	MT
VIRTUAL CYCLING	7:45 - 8:30	
AD MOVE	8:30 - 9:00	VI
VIRTUAL CYCLING	9:15 - 10:00	
PILATES	9:15 - 10:00	VI
IOGA PROPS	9:15 - 10:15	MA
TONO	9:15 - 10:00	PL
CROSS ROYAL ESSENTIAL	9:15 - 10:00	MT
AQUAGYM	9:15 - 10:00	DB
ZUMBA	10:15 - 11:00	PL
CICLO WATTS	10:15 - 11:00	MT
CIRCUIT TONO	10:15 - 11:00	KV
AQUAGYM	10:15 - 11:00	DB
IOGA SOFT VINYASA	11:15 - 12:15	PL
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	LO
VIRTUAL CYCLING	7:45 - 8:30	
TRX	8:30 - 9:00	VI
LES MILLS BODYPUMP	9:15 - 10:00	VI
STRONG	9:15 - 9:45	JF
VIRTUAL CYCLING	9:15 - 10:00	
AQUAGYM	9:15 -10:00	MR
SCULPT BOOTY	9:15 -10:00	MT
PILATES	10:15 -11:00	PL
ZUMBA gold	10:15 -11:00	VI
VIRTUAL CYCLING	10:15 - 11:00	
AQUAGYM	10:15 -11:00	MR
round	10:15 - 11:00	MT
IOGA INTEGRAL	11:15 - 12:15	PL
VIRTUAL CYCLING	11:15 - 12:00	
HIIT	11:15 - 11:45	MT
VIRTUAL CYCLING	12:15 - 13:00	

DIJOUS

VIRTUAL CYCLING	6:45 - 7:30	
WOD RUN	7:30 - 8:30	AD
VIRTUAL CYCLING	7:45 - 8:30	
AD MOVE	8:30 - 9:00	MR
CROSS ROYAL ESSENTIAL	9:15 - 10:00	VD
ZUMBA fitness	9:15 - 10:00	MR
CIRCUIT TONO	9:15 - 10:00	JF
VIRTUAL CYCLING	9:15 - 10:00	
AQUAGYM	9:15 -10:00	PL
IOGA PROPS	9:15 - 10:15	MA
CICLO WATTS	10:15 -11:00	VD
PILATES	10:15 - 11:00	JF
TONO	10:15 - 11:00	MR
ZUMBA gold	10:15 -11:00	PL
VIRTUAL CYCLING	11:15 - 12:00	
STRETCHING	11:15 - 12:00	MR
VIRTUAL CYCLING	12:15 - 13:00	

DIVENDRES

VIRTUAL CYCLING	6:45 - 7:30	
HATHA IOGA	7:30 - 8:30	LO
VIRTUAL CYCLING	7:45 - 8:30	
PILATES	9:15 - 10:00	VI
VIRTUAL CYCLING	9:15 -10:00	
SCULPT	9:15 - 10:00	PL
HBX BOXING	9:15 -10:00	AD
AQUAGYM	9:15 -10:00	MN
PILATES ELEMENTS	10:15 - 11:00	PL
VIRTUAL CYCLING	10:15 -11:00	
SCULPT	10:15 - 11:00	GR
AQUAGYM	10:15 -11:00	MN
ZUMBA gold	10:15 -11:00	VI
VIRTUAL CYCLING	11:15 - 12:00	
IOGA INTEGRAL	11:15 - 12:15	PL
MOBILITY	11:15 - 11:45	VI
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

DILLUNS

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
TRX	14:30 - 15:00	AD
CROSS ROYAL ENDURANCE	14:30 - 15:30	MT
MOBILITY	14:30 - 15:00	MN
IOGA FIT	15:00 - 16:00	XI
CICLO WATTS	15:30 - 16:15	VD
SCULPT ARMS	15:30 - 16:15	MT
STRONG	15:30 - 16:00	DB
VIRTUAL CYCLING	16:30 - 17:15	
MOBILITY	16:30 - 17:00	JF
ABD	16:30 - 17:00	KV

DIMARTS

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
LES MILLS BODYPUMP	14:30 - 15:15	GR
PILATES	14:30 - 15:15	MR
ZUMBA fitness	15:30 - 16:15	DB
VIRTUAL CYCLING	15:30 - 16:15	
round	15:30 - 16:15	VD
CORE	15:30 - 16:00	JF
AQUAGYM	15:30 - 16:15	MR
PILATES	16:30 - 17:15	MN
CROSS ROYAL ESSENTIAL	16:30 - 17:15	DB
VIRTUAL CYCLING	16:30 - 17:15	
HIIT	16:30 - 17:00	JF

DIMECRES

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
CORE	14:30 - 15:00	MR
STRONG	14:30 - 15:00	DB
TONO	14:30 - 15:15	GR
IOGA RESTORE	15:00 - 16:00	XI
CICLO WATTS	15:30 - 16:15	AD
SCULPT BOOTY	15:30 - 16:15	GR
PILATES	15:30 - 16:15	MN
ABD	16:30 - 17:00	MT
MOBILITY	16:30 - 17:00	MR
VIRTUAL CYCLING	16:30 - 17:15	

DIJOUS

VIRTUAL CYCLING	13:30 - 14:15	
TRX	14:30 - 15:00	GR
VIRTUAL CYCLING	14:30 - 15:15	
SCULPT	14:30 - 15:15	MN
HBX BOXING	15:30 - 16:15	DB
VIRTUAL CYCLING	15:30 - 16:15	
LES MILLS BODYPUMP	15:30 - 16:15	AD
MOBILITY	15:30 - 16:00	MN
AQUAGYM	15:30 - 16:15	MT
PILATES	16:30 - 17:15	AD
CORE	16:30 - 17:00	DB
VIRTUAL CYCLING	16:30 - 17:15	
CROSS ROYAL ESSENTIAL	16:30 - 17:15	MT

DIVENDRES

VIRTUAL CYCLING	13:30 - 14:15	
VIRTUAL CYCLING	14:30 - 15:15	
PILATES	14:30 - 15:15	MN
WOD RUN	14:30 - 15:30	VD
CICLO WATTS	15:30 - 16:15	GR
ZUMBA fitness	15:30 - 16:15	MN
STRONG	15:30 - 16:00	JF
STRETCHING	16:30 - 17:00	MN
VIRTUAL CYCLING	16:30 - 17:15	

TARDA

DILLUNS

LES MILLS BODYPUMP	17:30 - 18:15	AD
STRONG	17:30 - 18:00	VI
VIRTUAL CYCLING	17:30 - 18:15	
ZUMBA fitness	18:30 - 19:15	JF
PILATES	18:30 - 19:15	VI
CROSS ROYAL ESSENTIAL	18:30 - 19:15	VD
round	18:30 - 19:15	GR
VIRTUAL CYCLING	18:30 - 19:15	
CORE	18:30 - 19:00	MR
CICLO WATTS	19:30 - 20:15	GR
IOGA VINYASA	19:30 - 20:30	LO
SCULPT BOOTY	19:30 - 20:15	JF
MOBILITY	19:30 - 20:00	MR
WOD RUN	19:30 - 20:30	AD
TRX	20:30 - 21:00	DB
VIRTUAL CYCLING	20:30 - 21:15	

DIMARTS

HBX BOXING	17:30 - 18:15	MT
SCULPT ARMS	17:30 - 18:15	JF
CICLO WATTS	17:30 - 18:15	MN
LES MILLS BODYPUMP	18:30 - 19:15	VI
VIRTUAL CYCLING	18:30 - 19:15	
HATHA IOGA	18:30 - 19:30	LO
CROSS ROYAL ENDURANCE	18:30 - 19:30	GR
RUNNING	18:30 - 19:30	AD
STRONG	18:30 - 19:00	MR
MOBILITY	18:30 - 19:00	JF
ZUMBA fitness	19:30 - 20:15	VI
CROSS ROYAL ESSENTIAL	19:30 - 20:15	GR
VIRTUAL CYCLING	19:30 - 20:15	
CORE	19:30 - 20:00	KV
AQUAGYM	19:30 - 20:15	MR
round	19:30 - 20:15	DB
VIRTUAL CYCLING	20:30 - 21:15	
STRETCHING	20:30 - 21:00	DB

DIMECRES

CORE	17:30 - 18:00	MT
VIRTUAL CYCLING	17:30 - 18:15	
LES MILLS BODYPUMP	17:30 - 18:15	MN
IOGA FIT	17:30 - 18:20	LO
VIRTUAL CYCLING	18:30 - 19:15	
PILATES	18:30 - 19:15	AD
HBX BOXING	18:30 - 19:15	GR
CROSS ROYAL	18:30 - 19:30	MT
TONO	18:30 - 19:15	KV
HIIT	18:30 - 19:00	DB
CICLO WATTS	19:30 - 20:15	MN
SCULPT	19:30 - 20:15	MT
HATHA IOGA	19:30 - 20:30	LO
HIIT	19:30 - 20:00	DB
TRX	20:30 - 21:00	DB
VIRTUAL CYCLING	20:30 - 21:15	

DIJOUS

CICLO WATTS	17:30 - 18:15	GR
round	17:30 - 18:15	MN
SCULPT BOOTY	17:30 -18:15	MT
LES MILLS BODYPUMP	18:30 - 19:15	VI
VIRTUAL CYCLING	18:30 - 19:15	
WOD RUN	18:30 - 19:30	MT
IOGA POWER VINYASA	18:30 - 19:30	LO
RUNNING	18:30 - 19:30	AD
STRONG	18:30 - 19:00	MN
CORE	18:30 - 19:00	MR
ZUMBA fitness	19:30 - 20:15	VI
VIRTUAL CYCLING	19:30 - 20:15	
CROSS ROYAL ESSENTIAL	19:30 - 20:15	GR
MOBILITY	19:30 - 20:00	MR
AQUAGYM	19:30 - 20:15	JF
HBX BOXING	19:30 - 20:15	KV
VIRTUAL CYCLING	20:30 - 21:15	
STRETCHING	20:30 - 21:00	VI

DIVENDRES

CORE	17:00 - 17:30	JF
IOGA FIT	17:30 - 18:20	LO
VIRTUAL CYCLING	17:30 - 18:15	
CROSS ROYAL	17:30 - 18:30	MT
MOBILITY	18:30 - 19:00	MR
VIRTUAL CYCLING	18:30 - 19:15	
TONO	18:30 - 19:15	KV
ZUMBA fitness	18:30 - 19:15	DB
VIRTUAL CYCLING	19:30 - 20:15	
PILATES	19:30 - 20:15	MR
CORE	19:30 - 20:00	JF
VIRTUAL CYCLING	20:30 - 21:15	

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*

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)
MAR (MA)	XIMENA (XI)	KEVIN (KV)

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.