



Real Club
de Polo
de Barcelona

Horari d'Activitats Dirigides

Setmana 23-29 Desembre

Hores		Sala	Dilluns 23	Dimarts 24	Dimecres 25	Dijous 26	Divendres 27	Dissabte 28	Diumenge 29
7:15	8:15	PND		NATACIÓ- Santi					
7:30	8:15	3C	CYCLING- Blay	CYCLING- Diana			CYCLING- Blay		
7:35	8:30	1		FUNCIONAL TRAINING -Artur					
8:15	8:30	GYM	ESCOLA D'ESQUENA 15'				ESCOLA ESQUENA 15'		
8:35	9:30	2	EN FORMA-Blay	EN FORMA-Hugo			TOTAL TRAINING -Sara		
9:05	10:00	4	PILATES-Barbara F.	YOGA-KIKO					
9:05	10:00	1					PILATES-Javier Blay		
9:00	9:45	3C		CYCLING VIRTUAL			CYCLING VIRTUAL		
9:00	9:45	PA		AQUAGYM-Diana					
9:35	10:30	2	TONO- Nieves	AERODANCE-hugo			ZUMBA-Nieves		
9:35	10:15	3C						CYCLING	CYCLING
10:00	10:45	PA	AQUAFIT- blay				AQUAFIT-Barbara F.		
10:00	11:15	4						YOGA	
10:00	10:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
10:35	11:30	2	TOT BODY-Nieves	PILATES REHAB- Sandra			TOT BODY-Nieves	TOT BODY GAC	TONO GAC
11:35	12:30	4							
11:45	13:00	4		YOGA-Judith					
11:00	11:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL
12:00	12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara Aldana			AQUAGYM-Barbara F.		
12:00	12:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
14:05	15:00	4	YOGA-Barbara Borgia	PILATES-Sandra					
14:15	15:00	3C	CYCLING-HUGO	CYCLING-ISRA			CYCLING- Blay		
14:15	15:00	1	FUNCIONAL TRAINING -Sergi	BODY PUMP- Hugo					
14:35	15:30	2	TOTAL TRAIN-Sara	TOT BODY-Sara			TOTAL TRAIN-Sara		
15:10	15:30	1	Abdominal 20'-Hugo	Abdominal 20'- Hugo			Abdominal 20'-Blay		
17:35	18:30	1	GAP-Hugo						
17:45	18:30	3C	CYCLING VIRTUAL				CYCLING VIRTUAL		
18:05	19:00	2	EN FORMA-Sara				TONO-Hugo		
18:05	19:00	4	PILATES-Lali						
18:35	19:30	1	BODY PUMP- Artur						
18:45	20:00	4					YOGA-Lali		
18:45	19:30	3C	CYCLING-Hugo				CYCLING-Sara		
19:05	20:00	2	TOT BODY-Sara				GAP-Hugo		
19:35	20:30	1	FUNCIONAL TRAINING -Artur						
19:35	20:50	4	YOGA-Lali						
19:45	20:30	3C	CYCLING VIRTUAL						