



Real Club  
de Polo  
de Barcelona

# Horari d'Activitats Dirigides

## Setmana 06-12 Gener

Hores		Sala	Dilluns 6	Dimarts 7	Dimecres 8	Dijous 9	Divendres 10	Dissabte 11	Diumenge 12
7:15	8:15	PND		NATACIO- Santi					
7:30	8:15	3C		CYCLING- Diana	CYCLING- Blay	CYCLING- Xavi	CYCLING- Blay		
7:35	8:30	1		FUNCIONAL TRAINING -Juanjo		FUNCIONAL TRAINING -Diana			
8:05	9:00	1			BODY PUMP- Juani				
8:15	8:30	GYM			ESCOLA D'ESQUENA 15 min				
8:30	9:15	3C			CYCLING- Blay				
8:35	9:30	2		EN FORMA-Hugo	TOTAL TRAINING -J.Becerril	EN FORMA-Hugo	TOTAL TRAINING -Sara		
9:05	10:00	4		YOGA-KIKO	PILATES-Juani	YOGA- Lali	PILATES- Blay		
9:00	9:45	3C		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
9:00	9:45	PA		AQUAGYM-Diana		AQUAGYM-Diana			
9:35	10:30	2		AERODANCE-J. Becerril	TOT BODY-J: Becerril	TONO-Sandra	ZUMBA-Nieves	GAP	PILATES
10:00	10:45	PA			AQUAFIT-Barbara F.		AQUAFIT-Barbara F.		
10:00	10:45	3C		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING
10:00	11:15	4						YOGA	
10:35	11:30	2		PILATES REHAB- J. Becerril	ZUMBA-Nieves		TOT BODY-Nieves	TOT BODY	TONO
10:35	11:30	4				PILATES-Sandra			
11:00	11:45	2						CYCLING VIRTUAL	CYCLING VIRTUAL
11:35	12:30	4			SEVILLANES-Nieves		GYM SUAU-Juani	FITNESS HIIT	GAP
11:45	12:40	4						PILATES	
11:45	13:00	4		YOGA-Judith		YOGA-Barbara Borgia			
12:00	12:45	PA		AQUAFIT-Barbara F.	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.		AQUAFIT
12:00	12:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14:05	15:00	4		PILATES-Sandra	YOGA-Barbara Borgia	PILATES-Sandra			
14:15	15:00	3C		CYCLING-Irene	CYCLING- Xavi	CYCLING-Irene	CYCLING-Kir		
14:15	15:00	1		BODY PUMP- Hugo	FUNCIONAL TRAINING -Carles	BODY PUMP- Hugo	UNCIONAL TRAINING -J. Nogale		
14:35	15:30	2		TOT BODY-J. Rubio	STEP-INTERVAL- Becerril	TOT BODY-J. Rubio	TOTAL TRAIN-Sara		
15:10	15:30	1		Abdominal 20'- Hugo	Abdominal 20'-Barbara Borgia	Abdominal 20'-Hugo	Abdominal 20'-Kir		
17:35	18:30	1		BODY PUMP- Hugo	TONO-Kir	EN FORMA-Bábara F.	CORE-Kir		
17:45	18:30	3C		CYCLING- Diana	CYCLING- Diana	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:05	19:00	2		EN FORMA-Fabio	TBC- Fabio	TONO-Irene	TONO-Hugo		
18:05	19:00	4			YOGA INICIACION-Marta				
18:00	19:15	4		YOGA-Marta		YOGA-Joan			
18:35	19:30	1		TBC-Hugo	BODY PUMP- Kir	BODY PUMP- Diana			
18:45	20:00	4					YOGA-Lali		
18:45	19:30	3C		CYCLING-Kir	CYCLING-Xavi	CYCLING-Chus	CYCLING-Kir		
19:00	19:45	PA		AQUAFIT-Diana	AQUAFIT-Diana				
19:05	20:00	EXT		CROSS TRAINING- Oscar		CROSS TRAINING- Oscar			
19:05	20:00	2		TONO-FABIO	TOT BODY-Fabio	TOT BODY-Hugo	GAP-Hugo		
19:20	20:15	4		PILATES- Juani		PILATES-Irene			
19:35	20:30	EXT			CROSS TRAINING -Artur				
19:35	20:30	1		FITNESS HIIT- Hugo	CORE-Kir	FITNESS HIIT - Diana			
19:35	20:50	4			YOGA-Marta				
19:45	20:30	3C		CYCLING-Kir	CYCLING-Xavi	CYCLING-Chus	CYCLING VIRTUAL		
20:05	21:00	2		TOT BODY-Fabio	AERO-STYLE-Fabio	TBC-Hugo			
20:45	21:30	3C		CYCLING VIRTUAL	CYCLING VIRTUAL				