



Real Club
de Polo
de Barcelona

Horari d'Activitats Dirigides

Setmana 30 Desembre / 05 Gener

| Hores | Sala | Dilluns 30 | Dimarts 31 | Dimecres 1 | Dijous 2 | Divendres 3 | Dissabte 4 | Diumenge 5 |
|-------------|------|----------------------------|----------------------------|------------|---------------------------|----------------------------|-----------------|-----------------|
| 7:15-8:15 | PND | | NATACIO- Santi | | | | | |
| 7:30-8:15 | 3C | CYCLING- Javier Blay | CYCLING- Diana | | CYCLING- Xavi | CYCLING- Blay | | |
| 7:35-8:30 | 1 | | FUNCIONAL TRAINING- Juanjo | | FUNCIONAL TRAINING- Diana | | | |
| 8:15-8:30 | GYM | | | | | | | |
| 8:35-9:30 | 2 | EN FORMA-Blay | EN FORMA-Hugo | | EN FORMA-Hugo | TOTAL TRAINING- Sara | | |
| 9:05-10:00 | 4 | PILATES-Barbara F. | YOGA-Kiki | | YOGA-Lali | PILATES- Blay | | |
| 9:00-9:45 | 3C | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 9:30-10:45 | 3C | | | | | | CYCLING | CYCLING |
| 9:00-9:45 | PA | | AQUAGYM-Diana | | AQUAGYM-Diana | | | |
| 9:35-10:30 | 2 | TONO- Blay | AERODANCE-Hugo | | TONO-Sandra | ZUMBA-Sara | | |
| 10:00-10:45 | PA | AQUAFIT- Hugo | | | | AQUAFIT-Barbara F. | | |
| 10:00-11:15 | 4 | | | | | | YOGA | |
| 10:00-10:45 | 3C | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 10:35-11:30 | 2 | TOT BODY-Blay | PILATES REHAB- Sandra | | | TOT BODY-Sara | TOT BODY | TONO |
| 10:35-11:30 | 4 | | | | PILATES-Sandra | | | |
| 11:00-11:45 | 3C | | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 11:35-12:30 | 2 | | | | | | GAC | GAC |
| 11:45-13:00 | 4 | | YOGA-judith | | YOGA-Barbara Borgia | | | |
| 12:00-12:45 | PA | AQUAGYM-Barbara F. | AQUAFIT-Sara | | AQUAFIT-Sara | AQUAGYM-Barbara F. | | |
| 12:00-12:45 | 3C | | | | | | | |
| 13:00-13:45 | 3C | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 14:05-15:00 | 4 | YOGA-Barbara Borgia | PILATES-Sandra | | PILATES-Sandra | | | |
| 14:15-15:00 | 3C | CYCLING-Kir | CYCLING-Irene | | CYCLING-Irene | CYCLING-Kir | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 14:15-15:00 | 1 | FUNCIONAL TRAINING - Sergi | BODY PUMP- Hugo | | BODY PUMP- Hugo | FUNCIONAL TRAINING - Sergi | | |
| 14:35-15:30 | 2 | TOTAL TRAINING-Sara | TOT BODY-Sara | | TOT BODY-Barbara F. | TOTAL TRAIN-Sara | | |
| 15:10-15:30 | 1 | Abdominal 20'-Kir | Abdominal 20'- Hugo | | Abdominal 20'-Hugo | Abdominal 20'-Kir | | |
| 17:35-18:30 | 1 | GAP-Sara Aldana | | | EN FORMA-Bàrbara F. | CORE-Kir | | |
| 17:45-18:30 | 3C | CYCLING-Hugo | | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 18:05-19:00 | 2 | EN FORMA- Fabio | | | TONO-Irene | TONO-Hugo | | |
| 18:05-19:00 | 4 | PILATES-Lali | | | | | | |
| 18:00-19:15 | 4 | | | | YOGA-Joan | | | |
| 18:35-19:30 | 1 | BODY PUMP- Sara | | | BODY PUMP- Diana | | | |
| 18:45-20:00 | 4 | | | | | YOGA-Lali | | |
| 18:45-19:30 | 3C | CYCLING-Irene | | | CYCLING-XAVI | CYCLING-Kir | | |
| 19:00-19:45 | PA | AQUAFIT-Hugo | | | | | | |
| 19:05-20:00 | EXT | | | | CROSS TRAINING- Oscar | | | |
| 19:05-20:00 | 2 | TOT BODY-Fabio | | | TOT BODY-Hugo | GAP-Hugo | | |
| 19:20-20:15 | 4 | | | | PILATES-Irene | | | |
| 19:35-20:30 | EXT | CROSS TRAINING -Artur | | | | | | |
| 19:35-20:30 | 1 | TONO-Sara | | | FITNESS HIIT - Diana | | | |
| 19:35-20:50 | 4 | YOGA-Lali | | | | | | |
| 19:45-20:30 | 3C | CYCLING-Irene | | | CYCLING-Xavi | | | |
| 20:05-21:00 | 2 | DANCE/STEP- Fabio | | | TBC-Hugo | | | |