



Reial Club  
de Polo  
de Barcelona

# Horari d'Activitats Dirigides

## TEMPORADA 2024-25

Hores	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15	8:15	PNE		NATACIÓ- Santi				
7:30	8:15	3C	CYCLING- Javier Blay	CYCLING- Diana	CYCLING- Javier Blay	CYCLING- Diana	CYCLING- Javier Blay	
7:35	8:30	1		FUNCIONAL TRAINING -Juanjo				
7:35	8:30	EXT			CROSS TRAINING -Artur			
8:05	9:00	1			BODY PUMP- Juani			
8:15	8:30	GYM			ESCOLA D'ESQUENA 15 min			
8:30	9:15	3C			CYCLING- Javier Blay			
8:35	9:30	2	EN FORMA-Juani	EN FORMA-Hugo	TOTAL TRAINING -J.Becerril	EN FORMA-Hugo	TOTAL TRAINING -Sara Aldana	
9:05	10:00	4	PILATES-Barbara F.	YOGA-Kiko	PILATES-Juani	YOGA-Eulalia	PILATES-Javier Blay	
9:00	9:45	3C	CYCLING- Javier Blay	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
9:00	9:45	PA		AQUAGYM-Diana		AQUAGYM-Diana		
9:30	10:25	4						PILATES
9:35	10:30	2	TONO- Nieves	AERODANCE-J. Becerril	TOT BODY-J: Becerril	TONO-Sandra	ZUMBA-Nieves	GAP
10:00	10:45	PA	AQUAFIT- Hugo		AQUAFIT-Barbara F.		AQUAFIT-Barbara F.	
10:00	11:15	4					YOGA ☆	
10:00	10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING
10:35	11:30	2	TOT BODY-Nieves	PILATES REHAB- J. Becerril	ZUMBA-Nieves		TOT BODY-Nieves	CYCLING
10:35	11:30	4				PILATES-Sandra		TONO
11:00	11:45	3C					CYCLING	CYCLING
11:35	12:30	4	GYM SUAUA-J. Becerril				GYM SUAUA-Juani	
11:35	12:30	2			SEVILLANES-Nieves		FITNESS HIIT	
11:45	13:00	4		YOGA-Judith		YOGA-Barbara Borgia		
12:00	12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara Aldana	AQUAGYM-Barbara F.	AQUAFIT-Sara Alda	AQUAGYM-Barbara F.	
12:00	12:45	3C					CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14:05	15:00	4	YOGA-Barbara Borgia	PILATES-Sandra	YOGA-Barbara Borgia	PILATES-Sandra		
14:15	15:00	3C	CYCLING-Kir	CYCLING-Irene	CYCLING-Isra	CYCLING-Irene	CYCLING-Kir	
14:15	15:00	1	FUNCIONAL TRAINING -Pol G.	BODY PUMP- Juani	FUNCIONAL TRAINING -Carles	BODY PUMP- Hugo	FUNCIONAL TRAINING -Javi N.	
14:35	15:30	2	STEP-J. Rubio	TOT BODY-J. Rubio	TOTAL TRAIN-J. Becerril	TOT BODY-J. Rubio	TOTAL TRAIN-Sara Aldana	
15:10	15:30	1	Abdominal 20'-Kir	Abdominal 20'- Juani	Abdominal 20'-Barbara B.	Abdominal 20'-Hugo	Abdominal 20'-Kir	
17:35	18:30	1	GAP-Sara Aldana	BODY PUMP- Hugo	TONO-Kir	EN FORMA-Bábara F.	CORE-Kir	
17:45	18:30	3C	CYCLING-Hugo	CYCLING- Diana	CYCLING- Diana	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:05	19:00	2	EN FORMA-J. Becerril	EN FORMA-SARA Aldana	TBC -Fabio ☆	TONO-Irene	TONO-Hugo	
18:05	19:00	4	PILATES-Juani		YOGA INICIACION-Marta			
18:00	19:15	4		YOGA-Marta		YOGA-Joan		
18:35	19:30	1	BODY PUMP- Sara Aldana	TBC - Hugo ☆	BODY PUMP- Kir	BODY PUMP- Diana		
18:45	20:00	4					YOGA- Eulalia	
18:45	19:30	3C	CYCLING-Irene	CYCLING-Kir	CYCLING-Sara Aldana	CYCLING-Chus	CYCLING-Kir	
19:00	19:45	PA	AQUAFIT-Hugo	AQUAFIT-Diana	AQUAFIT-Diana			
19:05	20:00	1/EXT		CROSS TRAINING- Oscar		CROSS TRAINING- Oscar		
19:05	20:00	2	TOT BODY-Becerril	TONO-Sara Aldana	TOT BODY- Fabio	TOT BODY-Hugo	GAP-Hugo	
19:20	20:15	4		PILATES-Juani		PILATES-Irene		
19:35	20:30	1/EXT	CROSS TRAINING -Artur		CROSS TRAINING -Artur			
19:35	20:30	1	TONO-Sara	FITNESS HIIT- Hugo	CORE-Kir	FITNESS HIIT - Diana		
19:35	20:50	4	YOGA-Eulalia		YOGA-Marta			
19:45	20:30	3C	CYCLING-Irene	CYCLING-Kir	CYCLING-Sara Aldana	CYCLING-Chus	CYCLING VIRTUAL	
20:05	21:00	2	DANCE/STEP- J. Becerril	TOT BODY-Sara Aldana	AERO STYLE -Fabio	TBC -Hugo ☆		
20:45	21:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			

Sala
1 (SALA 1)
2 (SALA 2)
3C (SALA 3 CYCLING)
4 (SALA 4)
Ext (ESTRUCTURA FUNCIONAL)
PA (PISCINA ACTIVITATS)
PNE (PISCINA NATACIÓ ESPORTIVA)
GYM (GINNÀS)

\*La direcció es reserva el dret de modificar l'horari i el contingut les d'activitats.

\*En el Període de Vacances escolars hi haurà un horari reduït

NOVETATS I MODIFICACIONS ☆