

HORARI SETMANA SANTA

Hores	Sala	Dilluns 14	Dimarts 15	Dimecres 16	Dijous 17	Divendres 18	Dissabte 19	Diumenge 20	Dilluns 21
7:15 8:15	PND		NATACIÓ- Santi						
7:30 8:15	3C	CYCLING- Blay	CYCLING- Diana	CYCLING- Blay	CYCLING- Blay				
7:35 8:30	1		FUNCIONAL -Juanjo		FUNCIONAL - Diana				
8:15 8:30	GYM		ESQUENA SANA						
8:30 9:15	3C	CYCLING VIRTUAL		CYCLING VIRTUAL					
8:35 9:30	2	EN FORMA-Blay	EN FORMA- Juani	TOTAL TRAINING- Juani	EN FORMA-Diana				
9:00 10:15	4		YOGA-Kiko		YOGA-Lali				
9:00 9:45	3C		CYCLING VIRTUAL		CYCLING VIRTUAL				
9:00 9:45	PA		AQUAGYM-Diana						
9:05 10:00	4	PILATES-Barbara F.		PILATES-Blay					
9:30 9:45	3						CYCLING- Diana	CYCLING- Diana	CYCLING- Sara
9:35 10:30	2	TONO- Nieves	AERODANCE- Juani	TOT BODY-Nieves	TONO-Sandra				
10:00 11:15	4						YOGA- Barbara Borgia		
10:00 10:45	PA			AQUAFIT-Barbara F.					
10:00 10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL					
10:30 11:15	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:35 11:30	2	TOT BODY-Nieves	PILATES REHAB-Barbara F.	ZUMBA-Nieves			TONO- Diana	TONO- Diana	TOT BODY- Sara
10:35 11:30	4				PILATES-Sandra				
11:00 11:45	PA		AQUAFIT-Sara		AQUAFIT-Diana				
11:30 12:15	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:35 12:30	2								GAP- Sara
11:40 12:45	4						PILATES- Diana		
11:45 12:30	PA							AQUAFIT- Diana	
11:45 13:00	4		YOGA-Judith	YOGA-Barbara Borgia	YOGA-Barbara Borgia				
12:00 12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.	AQUAFIT-Sara				
13:00 13:45	3C	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- Blay	CYCLING-Sara				
14:15 15:00	1	FUNCIONAL -Pol	BODY PUMP- Juani	FUNCIONAL -Carles					
14:35 15:30	2	STEP-Juani	TOT BODY-Sara	STEP INTERVAL-JUANI	TOT BODY- Juani				
15:10 15:30	1	Abdominal 20'-Kir	Abdominal 20'- Juani	Abdominal 20'-Barbara B					
17:35 18:30	1	GAP-SARA	BODY PUMP- Diana	TONO-Kir					
17:45 18:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL					
18:05 19:00	2	EN FORMA- Fabio	EN FORMA- Sara	TBC-Fabio					
18:05 19:00	4	PILATES-Juani		YOGA INICIA-Marta					
18:00 19:15	4		YOGA-Marta						
18:35 19:30	1	BODY PUMP- Sara	FUNCIONAL T -Nogales	BODY PUMP- Kir					
18:45 19:30	3C	CYCLING-Irene	CYCLING-kir	CYCLING-Sara					
19:00 19:45	PA	AQUAFIT-Juani	AQUAFIT-IRENE	AQUAFIT-Diana					
19:00 20:00	EXT		RUNNING- Oriol						
19:05 20:00	2	TOT BODY-Fabio	TONO-Sara	TOT BODY-Fabio					
19:20 20:15	4		PILATES-Diana						
19:35 20:30	CONT	CROSS TRAINING- Nogales							
19:35 20:30	1	TONO - Sara		CORE-Kir					
19:35 20:50	4	YOGA-Lali		YOGA-Marta					
19:45 20:30	3C	CYCLING-Irene	CYCLING-Kir	CYCLING-Sara					
20:05 21:00	2		TOT BODY - Sara						
20:45 21:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL					



Reial Club
de Polo
de Barcelona

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 (GIMNÀS)