

2018 - 2019  
MÀTÍ  
MIGDIA  
TARDA  
TARDA MATÍ

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
CROSS COR * 7:30-8:00	CROSS FORCE * 7:30-8:00	GAC 7:30-8:00	PILATES 7:30-8:15	BOSU COMBAT 7:30-8:00
GAC 8:15-8:45	VIRTUAL CYCLING 7:30-8:15	MANTENIMENT D'OR 8:30-9:00	CROSS D'OR * 8:30-9:00	VIRTUAL CYCLING 7:30-8:15
AQUAGYM 9:00-9:45	CROSS FORCE * 8:30-9:00	POOLBIKE * 9:00-9:30	VISUAL SPINNING 9:15-10:00	POOLBIKE * 8:45-9:15
PUMP UP 9:15-10:00	AEROSTEP 9:15-10:00	ZUMROYAL 9:15-10:00	AQUAGYM 9:15-10:00	AQUATONO 9:15-10:00
POOLBIKE * 9:45-10:15	AQUATONO 9:15-10:00	AQUAGYM 9:30-10:15	AQUASALUT * 10:00-10:45	VISUAL SPINNING 9:15-10:00
AQUASALUT * 10:15-11:00	AQUASALUT * 10:00-10:45	HIIT 10:15-10:45	TRX 10:15-10:45	AQUASALUT * 10:00-10:45
ZUMROYAL 10:15-11:00	VISUAL SPINNING 10:15-11:00	IOGA 10:30-11:15	DANCE 10:15-11:00	PUMP UP 10:15-11:00
VISUAL SPINNING 10:15-11:00	PILATES 10:15-11:00	WALKING SPA * 10:30-11:30	ABDOMINALS 11:00-11:15	SALUT D'ESQUENA 10:15-11:00
ABDOMINALS 11:00-11:15	ABDOMINALS 11:00-11:15	ABDOMINALS 11:00-11:15	GAC 11:00-11:30	WALKING SPA * 10:45-11:45
SALUT D'ESQUENA 11:00-11:45	SPARTAN ROYAL * 11:15-12:00	CROSS COR * 12:00-12:30	CROSS FORCE * 12:00-12:30	ABDOMINALS 11:00-11:15
WALKING SPA * 11:00-12:00	VIRTUAL CYCLING 12:00-12:45	VIRTUAL CYCLING 12:00-12:45	VIRTUAL CYCLING 12:00-12:45	CROSS COR * 12:00-12:30
CROSS FORCE * 12:00-12:30				VIRTUAL CYCLING 12:00-12:45
VIRTUAL CYCLING 12:00-12:45				

GAC 14:00-14:30	HIIT 14:00-14:30	CROSS FORCE * 14:00-14:30	SPARTAN ROYAL * 14:00-15:00	BOSU COMBAT 14:00-14:30
VISUAL SPINNING 14:30-15:15	TRX 14:30-15:00	TRX 14:00-14:30	PUMP UP 14:30-15:15	CROSS FORCE * 14:00-14:30
SALUT D'ESQUENA 14:30-15:15	ZUMROYAL 14:30-15:15	AEROSTEP 14:30-15:15	PILATES 14:30-15:15	SPINNING PRO 14:15-15:15
ABDOMINALS 15:15-15:30	AQUAGYM 14:30-15:15	VISUAL SPINNING 14:30-15:15	WALKING SPA * 14:30-15:30	ZUMROYAL 14:30-15:15
POOLBIKE * 15:30-16:00	ABDOMINALS 15:15-15:30	ABDOMINALS 15:15-15:30	ABDOMINALS 15:15-15:30	AQUAGYM 14:30-15:15
TRX 15:30-16:00	POOLBIKE * 15:30-16:00	GAC 15:30-16:00	POOLBIKE * 15:30-16:00	ABDOMINALS 15:15-15:30
AQUATONO 16:00-16:45	VISUAL SPINNING 15:30-16:15	POOLBIKE * 15:30-16:00	ZUMROYAL 16:00-16:45	POOLBIKE * 15:30-16:00
HIIT 16:15-16:45	GAC 16:15-16:45	VIRTUAL CYCLING 15:30-16:15	VISUAL SPINNING 16:00-16:45	SALUT D'ESQUENA 16:00-16:45
CROSS COR * 17:00-17:30	ABDOMINALS 17:00-17:15	AQUATONO 16:00-16:45	CROSS FORCE * 17:00-17:30	VIRTUAL CYCLING 16:00-16:45
		PUMP UP 16:00-16:45		CROSS COR * 17:00-17:30
		ABDOMINALS 17:00-17:15		

VIRTUAL CYCLING 17:00-17:45	TRX 18:00-18:30	HIIT 18:00-18:30	VIRTUAL CYCLING 17:00-17:45	PUMP UP 18:30-19:15
CROSS COR * 18:45-19:15	GAC 18:45-19:15	PILATES 18:30-19:15	TRX 18:00-18:30	VISUAL SPINNING 19:30-20:15
SPINNING PRO 19:15-20:15	VISUAL SPINNING 19:30-20:15	ZUMROYAL 19:30-20:15	WALKING SPA * 18:00-19:00	ZUMROYAL 19:30-20:15
DANCE 19:30-20:15	AEROSTEP 19:30-20:15	VISUAL SPINNING 19:30-20:15	BOSU COMBAT 18:45-19:15	VIRTUAL CYCLING 20:30-21:15
PILATES 19:30-20:15	AQUASALUT * 19:30-20:15	AQUAGYM 19:30-20:15	VISUAL SPINNING 19:30-20:15	
POOLBIKE * 19:45-20:15	SALUT D'ESQUENA 19:30-20:15	ABDOMINALS 20:15-20:30	PILATES 19:30-20:15	
ABDOMINALS 20:15-20:30	SPARTAN ROYAL * 19:30-20:15	CROSS FORCE * 20:30-21:00	PUMP UP 19:30-20:15	
CROSS FORCE * 20:30-21:00	ABDOMINALS 20:15-20:30	POOLBIKE * 20:30-21:00	CROSS FORCE * 20:30-21:00	
PUMP UP 20:30-21:15	ZUMROYAL 20:30-21:15	VIRTUAL CYCLING 20:30-21:15	AEROSTEP 20:30-21:15	
VIRTUAL CYCLING 20:30-21:15	VIRTUAL CYCLING 20:30-21:15	SOCIAL RUNNING 20:30-21:15	SALUT D'ESQUENA 20:30-21:15	
IOGA 20:30-21:15	PILATES 20:30-21:15	ABDOMINALS 21:15-21:30	VIRTUAL CYCLING 20:30-21:15	
SOCIAL RUNNING 20:30-21:15	AQUATONO 20:30-21:15		CROSS COR * 21:30-22:00	
ABDOMINALS 21:15-21:30	ABDOMINALS 21:15-21:30			
CROSS COR * 21:30-22:00				
VIRTUAL CYCLING 21:30-22:15				

DISSABTE	DIUMENGE
VISUAL SPINNING 10:00-10:45	VIRTUAL CYCLING 9:15-10:00
AQUAGYM 11:00-11:45	VISUAL SPINNING 11:00-11:45
VIRTUAL CYCLING 12:00-12:45	CROSS FORCE * 12:00-12:30
VIRTUAL CYCLING 17:00-17:45	
CROSS FORCE * 18:00-18:30	
VIRTUAL CYCLING 19:00-19:45	

**CARDIOVASCULAR**

**TONIFICACIÓ**

**ESTIRAMENTS**

\* Amb reserva prèvia

**ALTA INTENSITAT**

**MITJA- ALTA INTENSITAT**

**MITJA INTENSITAT**

**BAIXA INTENSITAT**

**OUTDOOR**

**PISCINA**

**HALL SUAUS**

**SALA FITNESS**

**SALA DIRIGIDES**

**SALA SUAUS**

**SALA SPINNING**

**SALA TRX**

**SPA**

Totes les activitats es realitzaran a partir d'un mínim de 2 alumnes.  
Royal Lleida es reserva el dret de modificar o anul·lar alguna activitat en cas de necessitat.

Horari disponible a: www.royalleida.com