

# HORARI D'ACTIVITATS VIGENT A PARTIR DEL 15 DE SETEMBRE DE 2025

MATÍ

## » Dilluns

|                                                                                   |                    |               |
|-----------------------------------------------------------------------------------|--------------------|---------------|
|  | VIRTUAL CYCLING    | 7.30 - 8.15   |
|  | HIIT               | 7.30 - 8.00   |
|  | LOWER BODY         | 8.30 - 9.00   |
|  | VIRTUAL CYCLING    | 9.15 - 10.00  |
|  | LES MILLS BODYPUMP | 9.15 - 10.00  |
|  | AQUAGYM            | 9.15 - 10.00  |
|  | ZUMROYAL           | 10.15 - 11.00 |
|  | SPINNING           | 10.15 - 11.00 |
|  | AQUAGYM            | 10.15 - 11.00 |
|  | CORE               | 11.05 - 11.15 |
|  | SALUT D'ESQUENA    | 11.15 - 12.00 |
|  | CROSS              | 12.00 - 12.30 |
|  | VIRTUAL CYCLING    | 12.00 - 12.45 |

MIGDIA

|                                                                                   |                 |               |
|-----------------------------------------------------------------------------------|-----------------|---------------|
|  | LES MILLS GRIT  | 14.00 - 14.30 |
|  | SALUT D'ESQUENA | 14.30 - 15.15 |
|  | CORE            | 15.20 - 15.30 |
|  | POOLBIKE        | 15.30 - 16.00 |
|  | VIRTUAL CYCLING | 15.30 - 16.15 |
|  | AQUAGYM         | 16.00 - 16.45 |

TARDA

|                                                                                     |                    |               |
|-------------------------------------------------------------------------------------|--------------------|---------------|
|  | VIRTUAL CYCLING    | 17.00 - 17.45 |
|  | UPPER BODY         | 17.30 - 18.00 |
|  | SPARTAN ROYAL      | 18.15 - 19.00 |
|  | SALUT D'ESQUENA    | 18.30 - 19.15 |
|  | ZUMROYAL           | 18.30 - 19.15 |
|  | LES MILLS BODYPUMP | 19.30 - 20.15 |
|  | SPINNING           | 19.30 - 20.15 |
|  | IOGA               | 19.30 - 20.15 |
|  | CORE               | 20.20 - 20.30 |
|  | ROYAL METABOLIC    | 20.30 - 21.15 |
|  | VIRTUAL CYCLING    | 20.30 - 21.15 |

## » Dimarts

|                                                                                   |                 |               |
|-----------------------------------------------------------------------------------|-----------------|---------------|
|  | VIRTUAL CYCLING | 7.30 - 8.15   |
|  | CROSS           | 7.30 - 8.00   |
|  | UPPER BODY      | 8.30 - 9.00   |
|  | AEROSTEP        | 9.15 - 10.00  |
|  | SPINNING        | 9.15 - 10.00  |
|  | POOLBIKE        | 9.30 - 10.00  |
|  | PILATES         | 10.15 - 11.00 |
|  | VIRTUAL CYCLING | 10.15 - 11.00 |
|  | AQUAGYM         | 10.15 - 11.00 |
|  | FIT D'OR        | 10.15 - 11.00 |
|  | CORE            | 11.05 - 11.15 |
|  | POOLBIKE        | 11.15 - 11.45 |
|  | HIIT            | 12.00 - 12.30 |
|  | VIRTUAL CYCLING | 12.00 - 12.45 |

|                                                                                    |                    |               |
|------------------------------------------------------------------------------------|--------------------|---------------|
|   | UPPER BODY         | 14.00 - 14.30 |
|   | AQUAGYM            | 14.30 - 15.15 |
|   | VIRTUAL CYCLING    | 14.30 - 15.15 |
|   | LES MILLS BODYPUMP | 14.30 - 15.15 |
|   | IOGA               | 14.30 - 15.15 |
|   | CORE               | 15.20 - 15.30 |
|   | LOWER BODY         | 15.30 - 16.15 |
|   | VIRTUAL CYCLING    | 15.30 - 16.00 |
|  | AQUAHIIT           | 15.30 - 16.00 |

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | VIRTUAL CYCLING | 17.00 - 17.45 |
|  | LES MILLS GRIT  | 17.30 - 18.00 |
|  | PILATES         | 18.30 - 19.15 |
|  | SPINNING        | 18.30 - 19.15 |
|  | LOWER BODY      | 18.30 - 19.15 |
|  | AEROSTEP        | 19.30 - 20.15 |
|  | AQUAGYM         | 19.30 - 20.15 |
|  | SPARTAN ROYAL   | 19.30 - 20.15 |
|  | CORE            | 20.20 - 20.30 |
|  | AQUAHIIT        | 20.30 - 21.00 |
|  | SALUT D'ESQUENA | 20.30 - 21.15 |
|  | VIRTUAL CYCLING | 20.30 - 21.15 |
|  | UPPER BODY      | 20.45 - 21.15 |

## » Dimecres

|                                                                                   |                 |               |
|-----------------------------------------------------------------------------------|-----------------|---------------|
|  | VIRTUAL CYCLING | 7.30 - 8.15   |
|  | LOWER BODY      | 7.30 - 8.00   |
|  | CROSS           | 8.30 - 9.00   |
|  | ZUMROYAL        | 9.15 - 10.00  |
|  | AQUAGYM         | 9.15 - 10.00  |
|  | VIRTUAL CYCLING | 9.15 - 10.00  |
|  | CROSS D'OR      | 10.15 - 10.45 |
|  | VIRTUAL CYCLING | 10.15 - 11.00 |
|  | AQUAWELLNESS    | 10.15 - 11.00 |
|  | IOGA            | 10.15 - 11.00 |
|  | CORE            | 11.05 - 11.15 |
|  | VIRTUAL CYCLING | 12.00 - 12.45 |

|                                                                                   |                 |               |
|-----------------------------------------------------------------------------------|-----------------|---------------|
|  | ROYAL METABOLIC | 14.00 - 14.45 |
|  | AQUAWELLNESS    | 14.30 - 15.15 |
|  | ZUMROYAL        | 14.30 - 15.15 |
|  | CORE            | 15.20 - 15.30 |
|  | POOLBIKE        | 15.30 - 16.00 |
|  | CROSS           | 15.30 - 16.15 |
|  | VIRTUAL CYCLING | 15.30 - 16.00 |
|  | AQUAGYM         | 16.00 - 16.45 |

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | VIRTUAL CYCLING | 17.00 - 17.45 |
|  | ROYAL METABOLIC | 17.30 - 18.15 |
|  | PILATES         | 18.30 - 19.15 |
|  | UPPER BODY      | 18.45 - 19.15 |
|  | ZUMROYAL        | 19.30 - 20.15 |
|  | SPINNING        | 19.30 - 20.15 |
|  | SPARTAN ROYAL   | 19.30 - 20.15 |
|  | CORE            | 20.20 - 20.30 |
|  | VIRTUAL CYCLING | 20.30 - 21.15 |
|  | AEROSTEP        | 20.30 - 21.15 |

## » Dijous

|                                                                                     |                      |               |
|-------------------------------------------------------------------------------------|----------------------|---------------|
|  | PILATES              | 7.30 - 8.15   |
|  | VIRTUAL CYCLING      | 7.30 - 8.15   |
|  | HIIT                 | 8.30 - 9.00   |
|  | SPINNING             | 9.15 - 10.00  |
|  | POOLBIKE             | 9.15 - 9.45   |
|  | FIT D'OR             | 9.15 - 10.00  |
|  | AQUAGYM              | 9.45 - 10.30  |
|  | LES MILLS BODYCOMBAT | 10.15 - 11.00 |
|  | PILATES              | 10.15 - 11.00 |
|  | VIRTUAL CYCLING      | 10.15 - 11.00 |
|  | CORE                 | 11.05 - 11.15 |
|  | UPPER BODY           | 11.15 - 11.45 |
|  | VIRTUAL CYCLING      | 12.00 - 12.45 |
|  | CROSS                | 12.00 - 12.30 |

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | VIRTUAL CYCLING | 14.30 - 15.15 |
|  | SPARTAN ROYAL   | 14.15 - 15.00 |
|  | PILATES         | 14.30 - 15.15 |
|  | CORE            | 15.20 - 15.30 |
|  | SALUT D'ESQUENA | 15.30 - 16.15 |
|  | VIRTUAL CYCLING | 15.30 - 16.15 |

|                                                                                       |                      |               |
|---------------------------------------------------------------------------------------|----------------------|---------------|
|  | VIRTUAL CYCLING      | 17.00 - 17.45 |
|  | LOWER BODY           | 17.30 - 18.00 |
|  | IOGA                 | 18.30 - 19.15 |
|  | LES MILLS BODYPUMP   | 18.30 - 19.15 |
|  | VIRTUAL CYCLING      | 19.30 - 20.15 |
|  | LES MILLS BODYCOMBAT | 19.30 - 20.15 |
|  | PILATES              | 19.30 - 20.15 |
|  | CORE                 | 20.20 - 20.30 |
|  | VIRTUAL CYCLING      | 20.30 - 21.15 |
|  | LES MILLS GRIT       | 20.30 - 21.00 |

## » Divendres

|                                                                                     |                    |               |
|-------------------------------------------------------------------------------------|--------------------|---------------|
|  | CROSS              | 7.30 - 8.00   |
|  | VIRTUAL CYCLING    | 7.30 - 8.15   |
|  | UPPER BODY         | 8.30 - 9.00   |
|  | FIT D'OR           | 9.15 - 10.00  |
|  | SPINNING           | 9.15 - 10.00  |
|  | AQUAGYM            | 9.15 - 10.00  |
|  | LES MILLS BODYPUMP | 10.15 - 11.00 |
|  | SALUT D'ESQUENA    | 10.15 - 11.00 |
|  | VIRTUAL CYCLING    | 10.15 - 11.00 |
|  | CORE               | 11.05 - 11.15 |
|  | SALUT D'ESQUENA    | 11.15 - 11.45 |
|  | LES MILLS GRIT     | 11.15 - 11.45 |
|  | CROSS              | 12.00 - 12.30 |
|  | VIRTUAL CYCLING    | 12.00 - 12.45 |

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | LOWER BODY      | 14.00 - 14.30 |
|  | VIRTUAL CYCLING | 14.30 - 15.15 |
|  | AQUAGYM         | 14.30 - 15.15 |
|  | CORE            | 15.20 - 15.30 |
|  | POOLBIKE        | 15.15 - 15.45 |
|  | VIRTUAL CYCLING | 15.30 - 16.15 |
|  | ZUMROYAL        | 15.30 - 16.15 |

|                                                                                       |                      |               |
|---------------------------------------------------------------------------------------|----------------------|---------------|
|  | VIRTUAL CYCLING      | 17.00 - 17.45 |
|  | LES MILLS BODYPUMP   | 18.00 - 18.45 |
|  | LES MILLS BODYCOMBAT | 19.00 - 19.45 |
|  | CORE                 | 20.20 - 20.30 |
|  | VIRTUAL CYCLING      | 19.30 - 20.15 |
|  | VIRTUAL CYCLING      | 20.30 - 21.15 |
|  | CROSS                | 20.30 - 21.00 |

## » Dissabte

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | CROSS           | 9.30 - 10.00  |
|  | VIRTUAL CYCLING | 10.15 - 11.00 |
|  | VIRTUAL CYCLING | 11.15 - 12.00 |
|  | HIIT            | 12.30 - 13.00 |

## » Diumenge

|                                                                                     |                 |               |
|-------------------------------------------------------------------------------------|-----------------|---------------|
|  | HIIT            | 9.30 - 10.00  |
|  | VIRTUAL CYCLING | 10.15 - 11.00 |
|  | VIRTUAL CYCLING | 11.15 - 12.00 |
|  | CROSS           | 12.30 - 13.00 |

## ESP AIS

|                |
|----------------|
| SALA SPINNING  |
| SALA DIRIGIDES |
| SALA FITNESS   |
| SALA SAUAS     |
| PISCINA        |
| ESP AI OUTDOOR |

## TIPUS D'ACTIVITAT

|                                                                                     |        |                                                                                     |             |                                                                                     |                |                                                                                     |          |
|-------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------------------------------|----------|
|  | CARDIO |  | TONIFICACIÓ |  | CARDIO & TONIC |  | COS MENT |
|-------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------------------------------|----------|

## INTENSITAT

|                                                                                       |       |                                                                                       |       |                                                                                       |              |                                                                                       |      |
|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------|------|
|  | BAIXA |  | MITJA |  | MITJA - ALTA |  | ALTA |
|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------|------|

- És necessari fer la reserva de les activitats a través de l'App.
- En el cas que no poguessis assistir, és necessari anul·lar la teva reserva a través de l'App.
- Llegeix i respecta la normativa de cada espai.
- Assistència mínima de 3 persones per realitzar la sessió.
- La direcció del centre es reserva el dret de modificar o suspendre alguna d'aquestes activitats.
- Les activitats dutes a terme a l'espai "Royal Outdoor", es podran veure modificades, reubicades o cancel·lades, per motius climatològics.