

HORARI D'ACTIVITATS VIGENT A PARTIR DEL 21 DE SETEMBRE DE 2026

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MIGDIA

TARDA

» Dilluns

	VIRTUAL CYCLING	7.30 - 8.15
	TRX CIRCUIT	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
	AQUAGYM	10.15 - 11.00
	SALUT D'ESQUENA	10.15 - 11.00
	CORE	11.05 - 11.15
	SALUT D'ESQUENA	11.15 - 12.00
	PILATES	11.15 - 12.00
	CROSS	12.00 - 12.30
	VIRTUAL CYCLING	12.00 - 12.45

	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
	TRX CIRCUIT	15.30 - 16.00
	AQUAGYM	16.00 - 16.45
	STRETCHING 30'	16.00 - 16.30

	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
	LOWER BODY	11.15 - 11.45
	VINYASA IOGA	11.15 - 12.00
	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
	VINYASA IOGA	14.30 - 15.15
	CORE	15.20 - 15.30
	LOWER BODY	15.30 - 16.00
	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 - 19.00
	AEROSTEP	19.30 - 20.15
	AQUAGYM	19.30 - 20.15
	SPARTAN ROYAL	19.30 - 20.15
	CORE	20.20 - 20.30
	SALUT D'ESQUENA	20.30 - 21.15
	VIRTUAL CYCLING	20.30 - 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
	TRX CIRCUIT	9.30 - 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
	CROSS	11.15 - 11.45
	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
	PILATES	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

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	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
	HATHA IOGA	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
	TRX CIRCUIT	15.30 - 16.00
	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
	AQUAGYM	19.30 - 20.15
	PILATES	19.30 - 20.15
	CORE	20.20 - 20.30
	VIRTUAL CYCLING	20.30 - 21.15
	STRETCHING 30'	20.30 - 21.00
	SPARTAN ROYAL	20.30 - 21.00

» Divendres

	CROSS	7.30 - 8.00
	VIRTUAL CYCLING	7.30 - 8.15
	TRX CIRCUIT	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
	AQUAGYM	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
	STRETCHING 30'	14.30 - 15.00
	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
	TRX CIRCUIT	17.15 - 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

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

ESPAIS

ROYAL WATTS	ROYAL OUTDOOR
ROYAL LLEIDA	ROYAL FITNESS
ROYAL BALANCE	ROYAL STUDIO
PISCINA	

TIPUS D'ACTIVITAT

			
CARDIO	TONIFICACIÓ	CARDIO & TONO	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