Horaris de les sessions - DiR Esportiu Rocafort

Des del 5 d'octubre del 2026

Sala 5 Bootcamp

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'	Full Body 07.15 a 08.00 h	Full Body 07.15 a 08.00 h	Full Body 07.15 a 08.00 h	Full Body 07.15 a 08.00 h	Full Body 07.15 a 08.00 h		
30'							
45'							
08.00							
15'							
30'	Full Body 08.30 a 09.15	Full Body 08.30 a 09.15	Full Body 08.30 a 09.15	Full Body 08.30 a 09.15	Full Body 08.30 a 09.15		
45'						Full Body 08.45 a 09.30 h	Full Body 08.45 a 09.30 h
09.00							
15'							
30'		Full Body 09.30 a 10.15 h		Full Body 09.30 a 10.15 h	Full Body 09.30 a 10.15 h		
45'						Full Body 09.45 a 10.30 h	Full Body 09.45 a 10.30 h
10.00	Full Body 10.00 a 10.45 h		Full Body 10.00 a 10.45 h				
15'							
30'							
45'		Full Body 10.30 a 11.15 h		Full Body 10.30 a 11.15 h	Full Body 10.30 a 11.15 h		
11.00						Full Body 10.45 a 11.30 h	Full Body 10.45 a 11.30 h
15'							
30'	Full Body 11.15 a 12.00 h	Full Body 11.15 a 12.00 h	Full Body 11.15 a 12.00 h	Full Body 11.15 a 12.00 h	Full Body 11.15 a 12.00 h		
45'						Full Body 11.45 a 12.30 h	Full Body 11.45 a 12.30 h
12.00							
15'							
30'	Full Body 12.15 a 13.00 h	Full Body 12.15 a 13.00 h	Full Body 12.15 a 13.00 h	Full Body 12.15 a 13.00 h	Full Body 12.15 a 13.00 h		
45'						Full Body 12.45 a 13.30 h	Full Body 12.45 a 13.30 h
13.00							
15'							
30'	Full Body 13.15 a 14.00 h	Full Body 13.15 a 14.00 h	Full Body 13.15 a 14.00 h	Full Body 13.15 a 14.00 h	Full Body 13.15 a 14.00 h		
45'						Full Body 13.45 a 14.30 h	
14.00							
15'							
30'	Full Body 14.15 a 15.00 h	Full Body 14.15 a 15.00 h	Full Body 14.15 a 15.00 h	Full Body 14.15 a 15.00 h	Full Body 14.15 a 15.00 h		
45'						Full Body 14.45 a 15.30 h	
15.00							
15'							
30'	Full Body 15.15 a 16.00 h	Full Body 15.15 a 16.00 h	Full Body 15.15 a 16.00 h	Full Body 15.15 a 16.00 h	Full Body 15.15 a 16.00 h		
45'						Full Body 15.45 a 16.30 h	
16.00							
15'							
30'	Full Body 16.15 a 17.00 h	Full Body 16.15 a 17.00 h	Full Body 16.15 a 17.00 h	Full Body 16.15 a 17.00 h	Full Body 16.15 a 17.00 h		
45'						Full Body 16.45 a 17.30 h	
17.00							
15'	Full Body 17.00 a 17.45 h	Full Body 17.00 a 17.45 h	Full Body 17.00 a 17.45 h	Full Body 17.00 a 17.45 h	Full Body 17.00 a 17.45 h		
30'							
45'							
18.00	Full Body 18.00a 18.45	Cuida't Bootcamp 18.00 a 18.45 h		Cuida't Bootcamp 18.00 a 18.45 h		Full Body 17.45 a 18.30 h	
15'			Full Body 18.00 a 18.45 h		Full Body 18.00 a 18.45 h		
30'							
45'						Full Body 18.45 a 19.30 h	
19.00	Full Body 19.00a 19.45	Lower Body 19.00 a 19.45	Full Body 19.00a 19.45	Metabolic 19.00 a 19.45	Full Body 19.00a 19.45		
15'							
30'							
45'							
20.00	Full Body 20.00a 20.45	Metabolic 20.00 a 20.45	Full Body 20.00a 20.45	Upper Body 20.00 a 20.45			
15'					Full Body 20.15 a 21.00 h		
30'							
45'							
21.00							
15'							
30'	Full Body 21.30 a 22.15 h	Full Body 21.30 a 22.15 h	Full Body 21.30 a 22.15 h	Full Body 21.30 a 22.15 h	Full Body 21.30 a 22.15 h		
45'							
22.00							
15'							
30'							
45'							

Sessions Full Body
Sessions Upper Body
Sessions Lower Body
Sessions Metabolic
Sessions Virtuals

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.
Una sessió pot quedar anul.lada en cas d'impossibilitat material de realitzar-se. Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.