DiR ESPORTIU ROCAFORT

Activitats Dirigides Presencial (Des del 05/10/26)

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00					
15'	**SpinDiR** 07:15 A 08:00h Sala 4	**Aqua DiR** 07.15 a 08.00 h Piscina	**SpinDiR** 07:15 A 08:00h Sala 4	**Aqua DiR** 07.15 a 08.00 h Piscina	
30'					
45'					
07.00					
15'					
30'					
45'	**Hiit Fury** 07:45 A 08:15h (Sala 6)	**Women &Weight** 07:45 A 08:15h (Sala 3)	**Glute Lab** 07:45 A 08:15h (Sala 3)	**Women &Weight** 07:45 A 08:15h (Sala 3)	
08.00					
15'					
30'					
45'					
09.00	**Body Pump** 09:00 A 09:45h Sala 3	**Cuida't Tonifica't** 09:00 A 09:45h Sala 3	**Glute Lab** 09:00 A 09:45h Sala 3	**Body Pump** 09:00 A 09:45h Sala 3	**Glute Lab** 09:00 A 09:45h Sala 6
15'					
30'					
45'					
09.00	**Cuida't Ritmes** 09:00 A 09:45h Sala 6			**Cuida't Total Body** 09:00 A 09:45h Sala 6	
15'					
30'					
45'					
10.00	**Pilates** 10:00 a 10:45h Sala 3	**Body Pump** 10:00 A 10:45h Sala 3	**Cuida't Ritmes** 10:00 A 10:45h Sala 3	**Body Balance** 10:00 a 10:45h Sala 3	**Cuida't Tonifica't** 10:00 A 10:45h Sala 3
15'					
30'					
45'					
10.00	**BOOTCAMP** 10:00 A 10:45h Sala 5		**BOOTCAMP** 10:00 A 10:45h Sala 5		
15'					
30'					
45'			**Ioga DiR** 10:00 a 10:45h Sala 6		
10.00					
15'					
30'					
45'					
11.00	**Ioga DiR** 11:00 a 11:45h Sala 6	**Aqua DiR** 11.00 a 11.30 h Piscina	**Mobility** 11:00 a 11:45h Sala 3	**Aqua DiR** 11.00 a 11.30 h Piscina	**Pilates** 11:00 a 11:45h Sala 3
15'					
30'					
45'					
11.00		**Barre by DiR** 11:00 A 11:45h Sala 3			
15'					
30'					
45'					
12.00	**Correctiva** 12:00 a 12:45h Sala 3	**Correctiva** 12:00 a 12:45h Sala 3	**Correctiva** 12:00 a 12:45h Sala 3		**Correctiva** 12:00 a 12:45h Sala 3
15'					
30'					
45'					
13.00	**Aqua DiR** 13.00 a 13.45 h Piscina		**Aqua DiR** 13.00 a 13.45 h Piscina		
15'					
30'					
45'					
13.00					
15'					
30'	**Women &Weight** 13:30 A 14:00h (Sala 3)	**Hiit Fury** 13:30 A 14:00h (Sala 3)	**Women &Weight** 13:30 A 14:00h (Sala 3)	**Hiit Fury** 13:30 A 14:00h (Sala 3)	
45'					
14.00					
15'					
30'					
45'					
15.00					
15'					
30'					
45'					
18.00	**Women &Weight** 18:00 A 18:45h Sala 3	**Zumba** 18:00 A 18:45h Sala 3	**Body Balance** 18:00 A 18:45h Sala 3	**Zumba** 18:00 A 18:45h Sala 3	**Glute Lab** 18:00 A 18:45h Sala 6
15'					
30'					
45'					
18.00	**BOOTCAMP** 18:00 A 18:45h Sala 5	**Cuida't BOOTCAMP** 18:00 A 18:30h Sala 5		**Cuida't BOOTCAMP** 18:00 A 18:30h Sala 5	
15'					
30'					
45'					
18.00	**Espalda Sana** 18:00 a 18:45h Sala 6	**Mobility** 18:00 a 18:45h Sala 6		**Espalda Sana** 18:00 a 18:45h Sala 6	
15'					
30'					
45'					
18.00					
15'					
30'		**CrossDir** 18:30 A 19:00h SF zona funcional			
45'					
19.00	**Zumba** 19:00 A 19:45h Sala 3	**Body Pump** 19:00 A 19:45h Sala 3	**Women &Weight** 19:00 A 19:45h Sala 3	**Body Pump** 19:00 A 19:45h Sala 3	
15'					
30'					
45'					
19.00	**SpinDiR** 19:00 A 19:45h Sala 4	**SpinDiR** 19:00 A 19:45h Sala 4	**SpinDiR** 19:00 A 19:45h Sala 4	**SpinDiR** 19:00 A 19:45h Sala 4	**BOOTCAMP** 19:00 A 19:45h Sala 5
15'					
30'					
45'					
19.00	**BOOTCAMP** 19:00 A 19:45h Sala 5	**BOOTCAMP** 19:00 A 19:45h Sala 5	**BOOTCAMP** 19:00 A 19:45h Sala 5	**BOOTCAMP** 19:00 A 19:45h Sala 5	
15'					
30'					
45'					
19.00	**Body Balance** 19:00 A 19:45h Sala 6	**Barre by DiR** 19:00 A 19:45h Sala 6	**Ioga DiR** 19:00 A 19:45h Sala 6	**Barre by DiR** 19:00 A 19:45h Sala 6	
15'					
30'					
45'					
20.00	**Body Pump** 20:00 a 20:45h Sala 3	**Pilates** 20:00 A 20:45h Sala 3	**Barre by DiR** 20:00 A 20:45h Sala 3	**Pilates** 20:00 A 20:45h Sala 3	
15'					
30'					
45'					
20.00	**BOOTCAMP** 20:00 A 20:45h Sala 5	**BOOTCAMP** 20:00 A 20:45h Sala 5	**BOOTCAMP** 20:00 A 20:45h Sala 5	**BOOTCAMP** 20:00 A 20:45h Sala 5	
15'					
30'					
45'					
20.00	**Barre by DiR** 20:00 A 20:45h Sala 6	**Glute Lab** 20:00 A 20:45h Sala 6			
15'					
30'					
45'					
20.00					
15'	**Aqua DiR** 20.15 a 21.00 h Piscina		**Aqua DiR** 20.15 a 21.00 h Piscina		
30'					
45'					

Sessions de ball
Sessions CrossDiR
Sessions Cuida't
Sessions musculars
Sessions d'alta intesitat
Sessions Cos i Ment
Sessions de BOOTCAMP

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.