

# Horaris de les sessions - DiR Esportiu Rocafort

Des del 3 d'agost del 2026



## Sala 5 Bootcamp

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