Horaris de les sessions - DiR Esportiu Rocafort

Des del 5 d'octubre del 2026

Sala 4 SpinDiR

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'							
30'	**SpinDiR** 07.15 a 08.00 h	**SpinDiR** 07.30 a 08.15 h / Adri A	**SpinDiR** 07.15 a 08.00 h	**SpinDiR** 07.30 a 08.15 h / Adri A	**SpinDiR** 07.30 a 08.15 Álvaro		
45'							
08.00							
15'							
30'	**SpinDiR** 08.30 a 09.15 h / VIRTUAL	**SpinDiR** 08.30 a 09.15 / Adri A	**SpinDiR** 08.30 a 09.15 h / VIRTUAL	**SpinDiR** 08.30 a 09.15 / Adri A	**SpinDiR** 08.30 a 9.15 Álvaro	**SpinDiR** 08.30 a 09.15 h / VIRTUAL	**SpinDiR** 08.40 a 09.25 h / VIRTUAL
45'							
09.00							
15'							
30'	**SpinDiR** 09.30 a 10.15 h / Johel C	**SpinDiR** 09.30 a 10.15 h / Sergi R	**SpinDiR** 09.30 a 10.15 h / Johel C	**SpinDiR** 09.30 a 10.15 h / Sergi R	**SpinDiR** 09.30 a 10.15 Álvaro	**SpinDiR** REPLAY 09.30 a 10.15 h	**SpinDiR** REPLAY 09.30 a 10.15 h
45'							
10.,00							
15'							
30'	**SpinDiR** 10.30 a 11.15 h / Johel C	**SpinDiR** 10.30 a 11.15 h / VIRTUAL	**SpinDiR** 10.30 a 11.15 h / Johel C	**SpinDiR** 10.30 a 11.15 h / VIRTUAL	**SpinDiR** 10.30 a 11.15 h / VIRTUAL	**SpinDiR** 10.30 a 11.15 h	**SpinDiR** 10.30 a 11.15 h
45'							
11.00							
15'							
30'	**SpinDiR** 11.30 a 12.15 h / VIRTUAL	**SpinDiR** 11.30 a 12.15 h / VIRTUAL	**SpinDiR** 11.30 a 12.15 h / VIRTUAL	**SpinDiR** 11.30 a 12.15 h / VIRTUAL	**SpinDiR** 11.30 a 12.15 h / VIRTUAL	**SpinDiR** 11.30 a 12.15 h	**SpinDiR** 11.30 a 12.15 h
45'							
12.00							
15'							
30'	**SpinDiR** 12.30 a 13.15 h / VIRTUAL	**SpinDiR** 12.30 a 13.15 h / VIRTUAL	**SpinDiR** 12.30 a 13.15 h / VIRTUAL	**SpinDiR** 12.30 a 13.15 h / VIRTUAL	**SpinDiR** 12.30 a 13.15 h / VIRTUAL	**SpinDiR** 12.30 a 13.15 h	**SpinDiR** 12.30 a 13.15 h
45'							
13.00							
15'							
30'	**SpinDiR** 13.30 a 14.15 h / Sergi R	**SpinDiR** 13.30 a 14.15 / Ruben M	**SpinDiR** 13.30 a 14.15 / Angelo M	**SpinDiR** 13.30 a 14.15 / Ruben M	**SpinDiR** 13.30 a 14.15 / Angelo M	**SpinDiR** 13.30 a 14.15 h / VIRTUAL	**SpinDiR** 13.30 a 14.15 h / VIRTUAL
45'							
14.00							
15'							
30'	**SpinDiR** 14.30 a 15.15 h / Sergi R	**SpinDiR** 14.30 a 15.15 / Ruben M	**SpinDiR** 14.30 a 15.15 / Angelo M	**SpinDiR** 14.30 a 15.15 / Ruben M	**SpinDiR** 14.30 a 15.15 / Angelo M	**SpinDiR** 14.30 a 15.15 h / VIRTUAL	
45'							
15.00							
15'							
30'	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	**SpinDiR** 15.30 a 16.15 h / VIRTUAL	
45'							
16.00							
15'							
30'	**SpinDiR** 16.30 a 17.15 h / VIRTUAL	**SpinDiR** 16.30 a 17.15 h / VIRTUAL	**SpinDiR** 16.30 a 17.15 h / VIRTUAL	**SpinDiR** 16.30 a 17.15 h / VIRTUAL	**SpinDiR** 16.30 a 17.15 h / VIRTUAL	**SpinDiR** REPLAY 16.30 a 17.15 h	
45'							
17.00							
15'							
30'	**SpinDiR** 17.30 a 18.15 / Jordi	**SpinDiR** 17.30 a 18.15 h / Judit	**SpinDiR** 17.30 a 18.15 / Jordi	**SpinDiR** 17.30 a 18.15 h /Judit	**SpinDiR** 17.30 a 18.15 h / VIRTUAL	**SpinDiR** REPLAY 17.30 a 18.15 h	
45'							
18.00							
15'							
30'					**SpinDiR** 18.30 a 19.18 h /Dani P.	**SpinDiR** 18.30 a 19.15 h / VIRTUAL	
45'							
19.00	**SpinDiR** 19.00 a 19.45 h	**SpinDiR** 19.00 a 19.45 h	**SpinDiR** 19.00 a 19.45 h	**SpinDiR** 19.00 a 19.45 h			
15'							
30'					**SpinDiR** 19.30 a 20.15 h /Dani P.	**SpinDiR** 19.30 a 20.15 h / VIRTUAL	
45'							
20.00							
15'							
30'	**SpinDiR** 20.30 a 21.15 h / Willy A	**SpinDiR** 20.30 a 21.15 / Jordi C	**SpinDiR** 20.30 a 21.15 h / Willy A	**SpinDiR** 20.30 a 21.15 / Jordi C	**SpinDiR** 20.30 a 21.15 h / VIRTUAL		
45'							
21.00							
15'							
30'	**SpinDiR** 21.30 a 22.15 h / VIRTUAL	**SpinDiR** 21.30 a 22.15 h / VIRTUAL	**SpinDiR** 21.30 a 22.15 h / VIRTUAL	**SpinDiR** 21.30 a 22.15 h / VIRTUAL	**SpinDiR** 21.30 a 22.15 h / VIRTUAL		
45'							
22.00							
15'							
30'							
45'							

Sessions amb tècnic presencial

Sessions emissió EN DIRECTE

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.