

Horaris de les sessions - DiR Esportiu Rocafort

Des de l'1 de setembre del 2025



Sala 5 Bootcamp

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'							
30'	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		
45'							
08.00							
15'							
30'							
45'	Full Body 08.30 a 09.15	Lower Body 08.15 a 09.00	Full Body 08.30 a 09.15	Upper Body 08.15 a 09.00	Full Body 08.30 a 09.15	Full Body 08.45 a 09.30 h	Full Body 08.45 a 09.30 h
09.00							
15'							
30'							
45'							
10.00	Full Body 10.00 a 10.45 h	Full Body 09.30 a 10.15 h	Full Body 10.00 a 10.45 h	Full Body 09.30 a 10.15 h	Full Body 09.30 a 10.15 h	Full Body 09.45 a 10.30 h	Full Body 09.45 a 10.30 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'							
12.00						Full Body 11.45 a 12.30 h	Full Body 11.45 a 12.30 h
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'							
13.00						Full Body 12.45 a 13.30 h	Full Body 12.45 a 13.30 h
15'							
30'	Full Body 13.15 a 14.45 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'							
14.00						Full Body 13.45 a 14.30 h	Full Body 13.45 a 14.30 h
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'							
15.00						Full Body 14.45 a 15.30 h	Full Body 14.45 a 15.30 h
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'							
16.00						Full Body 15.45 a 16.30 h	Full Body 15.45 a 16.30 h
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'							
17.00						Full Body 16.45 a 17.30 h	Full Body 16.45 a 17.30 h
15'							
30'	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		
45'							
18.00	Full Body 18.00a 18.45	Cuida't Full Body 18.00a 18.30	Full Body 18.00 a 18.45 h	Cuida't Full Body 18.00a 18.30	Full Body 18.00 a 18.45 h	Full Body 17.45 a 18.30 h	Full Body 17.45 a 18.30 h
15'							
30'							
45'							
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	Full Body 18.45 a 19.30 h	Full Body 18.45 a 19.30 h
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'							
30'					Full Body 20.15 a 21.00 h		
45'							
21.00							
15'							
30'							
45'	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		
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.