

Horaris de les sessions - DiR Esportiu Rocafort

Des del 7 de gener del 2026



DiR
ESPORTIU
ROCAFORT



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'	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
30'							
45'	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
11.00							
15'							
30'							
45'	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
12.00							
15'							
30'							
45'	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
13.00							
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'							
14.00							
15'							
30'							
45'	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	
15.00							
15'							
30'							
45'	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	
16.00							
15'							
30'							
45'	SpinDiR 17.30 a 18.15 h / 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	
17.00							
15'							
30'							
45'							
18.00							
15'							
30'							
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	SpinDiR 18.30 a 19.18 h / Dani P.	SpinDiR 18.30 a 19.15 h / VIRTUAL	
15'							
30'							
45'					SpinDiR 19.30 a 20.15 h / Dani P.	SpinDiR 19.30 a 20.15 h / VIRTUAL	
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'							

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.