

# Horaris de les sessions - DiR Esportiu Rocafort

Desde el 29 de juliol del 2024



## Sala 4 SpinDiR

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'							
30'							
45'	SpinDiR 07.30 a 08.15 h / Alvaro	SpinDiR 07.30 a 08.15 h / Adri A	SpinDiR 07.30 a 08.15 h / Alvaro	SpinDiR 07.30 a 08.15 h / Adri A	SpinDiR 07.30 a 08.15 h / Álvaro		
08.00							
15'							
30'	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR 08.30 a 09.15 h / Adri A	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR 08.30 a 09.15 h / Adri A	SpinDiR 08.30 a 9.15 h / 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 h / 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 h / Ruben M	SpinDiR 13.30 a 14.15 h / Angelo M	SpinDiR 13.30 a 14.15 h / Ruben M	SpinDiR 13.30 a 14.15 h / 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 h / Ruben M	SpinDiR 14.30 a 15.15 h / Angelo M	SpinDiR 14.30 a 15.15 h / Ruben M	SpinDiR 14.30 a 15.15 h / Angelo M	SpinDiR 14.30 a 15.15 h / VIRTUAL	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	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	SpinDiR REPLAY 16.30 a 17.15 h
45'							
17.00							
15'							
30'	SpinDiR 17.30 a 18.15 h / Adrián	SpinDiR 17.30 a 18.15 h / Judit	SpinDiR 17.30 a 18.15 h / Adrián	SpinDiR 17.30 a 18.15 h / Judit	SpinDiR 17.30 a 18.15 h / Carlos S	SpinDiR REPLAY 17.30 a 18.15 h	SpinDiR REPLAY 17.30 a 18.15 h
45'							
18.00							
15'							
30'		SpinDiR 18.30 a 19.15 h / Judit	SpinDiR 18.30 a 19.15 h / Adrián	SpinDiR 18.30 a 19.15 h / Judit	SpinDiR 18.30 a 19.15 h / Adrián	SpinDiR 18.30 a 19.15 h / VIRTUAL	SpinDiR 18.30 a 19.15 h / VIRTUAL
45'							
19.00							
15'	SpinDiR 19.00 a 19.45 h						
30'		SpinDiR 19.30 a 20.15 h / Jordi C		SpinDiR 19.30 a 20.15 h / Jordi C	SpinDiR 19.30 a 20.15 h / Adrián	SpinDiR 19.30 a 20.15 h / VIRTUAL	SpinDiR 19.30 a 20.15 h / VIRTUAL
45'							
20.00							
15'			SpinDiR 19.00 a 19.45 h				
30'	SpinDiR 20.30 a 21.15 h / Willy A	SpinDiR 20.30 a 21.15 h / Jordi C		SpinDiR 20.30 a 21.15 h / 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.