

Horaris de les sessions - DiR Esportiu Rocafort

Desde el 2 de setembre del 2024



Sala 4 SpinDiR

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE		
07.00									
15'	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 h / Álvaro				
30'									
45'									
08.00									
15'	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 Álvaro	SpinDiR 08.30 a 09.15 h / VIRTUAL	SpinDiR 08.40 a 09.25 h / VIRTUAL		
30'									
45'									
09.00									
15'	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		
30'									
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'									
11.00									
15'	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		
30'									
45'									
12.00									
15'	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		
30'									
45'									
13.00									
15'	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		
30'									
45'									
14.00									
15'	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		
30'									
45'									
15.00									
15'	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		
30'									
45'									
16.00									
15'	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		
30'									
45'									
17.00									
15'	SpinDiR 17.30 a 18.15 h / Adrián	SpinDiR 17.30 a 18.15 h / Judit	SpinDiR 18.00 a 18.45 h	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		
30'									
45'									
18.00									
15'	SpinDiR 19.00 a 19.45 h	SpinDiR 19.00 a 19.45 h	SpinDiR 19.30 a 20.15 h / Willy A	SpinDiR 19.00 a 19.45 h	SpinDiR 19.00 a 19.45 h	SpinDiR 18.30 a 19.15 h / VIRTUAL	SpinDiR 18.30 a 19.15 h / VIRTUAL		
30'									
45'									
19.00									
15'	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 / Willy A	SpinDiR 20.30 a 21.15 h / Jordi C	SpinDiR 20.30 a 21.15 h / VIRTUAL	SpinDiR 19.30 a 20.15 h / VIRTUAL	SpinDiR 19.30 a 20.15 h / VIRTUAL		
30'									
45'									
20.00									
15'	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	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL		
30'									
45'									
21.00									
15'	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	SpinDiR 21.30 a 22.15 h / VIRTUAL	SpinDiR 21.30 a 22.15 h / VIRTUAL		
30'									
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.