

# HORARIS ACTIVITATS DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISS I FEST	DIUMENGE
7:15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
7:15	BODY PUMP S3	NICKFIT S1	AQUAGIM P	PILATES S1			
8:00			HBX MOVE				
8:15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
8:15			PILATES S1		PILATES S1		
9:00	IOGA S1		IOGA S1		IOGA S1		
9:00	AQUADYNAMIC P		AQUAGIM P		AQUADYNAMIC P		
9:15		CULNICK S3		GIM SUAU S3			
9:30		HBX BOXING	CICLING S2		HBX FUSION		
9:30	ZUMBA/MOVE S3		NICK TBC S3		BODY PUMP S3		
10:00	TAIXI INICIACIÓ S1	IOGA S1	TAIXI S1	IOGA S1	TAIXI S1	CICLING VIRTUAL S2	CICLING VIRTUAL S2
10:00	HBX FUSION	AQUAGIM P		AQUADYNAMIC P		HBX	
10:15		GIM SUAU S3		HBX BOXING	CICLING S2		
10:30	ESTIRAMENTS S3		ZUMBA/MOVE S3		ZUMBA/MOVE S3		
11:00			TAIXI INICIACIÓ S1				
11:15	PILATES S1	PILATES S1		PILATES S1		ZUMBA/MOVE S3*	ZUMBA/MOVE S3
11:15		CICLING S2		CICLING S2		CICLING S2	CICLING S2
11:30	BODY PUMP S3		ESTIRAMENTS S3		FITBALLET S3		
12:00		AQUAGIM P		AQUAGIM P			
12:15							HBX
12:15						ESTIRAMENTS S3	ESTIRAMENTS S3
12:15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
14:15	CICLING S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
14:15	ZUMBA/MOVE S3	NICKFUNCTIONAL	HBX BOXING	BODY PUMP S3	NICKFUNCTIONAL		
16:15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
17:15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
17:30		HBX BOXING		HBX FUSION			
18:00		IOGA S1	HBX MOVE	IOGA S1			
18:00	AQUADYNAMIC P		AQUAGIM P		AQUADYNAMIC P		
18:15	CULNICK S3	ZUMBA/MOVE S3	ZUMBA/MOVE S3	FITBALLET S3	CULNICK S3		
18:15	PILATES INICIACIÓ S1		PILATES INICIACIÓ S1	HBX BOXING	HBX BOXING		
18:30	HBX BOXING	CICLING S2	CICLING VIRTUAL S2		CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
19:00					IOGA S1		
19:15	HBX BOXING	PILATES S1	ESTIRAMENTS S1	PILATES S1	BODY PUMP S3		
19:15	NICKTBC S3	BODY PUMP S3	NICK TBC S3	STRONG S3			
19:15		RUNNICK		CICLING S2			
19:30	CICLING S2	CICLING S2	CICLING S2	CLUB TRIATLÓ	CICLING S2		
19:30	ESTIRAMENTS S1	HBX BOXING	HBX FUSION	HBX MOVE			
20:15	STRONG S3	ZUMBA/MOVE S3	ZUMBA/MOVE S3	BODY PUMP S3			
20:15	NICKFUNCTIONAL	TAIXI S1		TAIXI S1			
20:30	IOGA S1		IOGA S1	ESTIRAMENTS			
20:30	CICLING S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
20:30		HBX BOXING	NICKFUNCTIONAL		HBX MOVE		
21:15		ABD EXPRESS S3		ABD EXPRESS			

\*La classe de **Zumba/Move** no es realitzarà els festius.

| TONO 
 | AQUA 
 | MIND 
 | CARDIO 
 | ALTA INTENSITAT 
 S1: SALA 1 
 S2: SALA 2 
 S3: SALA 3 
 FITNESS: SALA FITNESS 
 P: PISCINA