

HORARIS ACTIVITATS DIRIGIDES 2019

	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	HBX BOXING		
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	HBX BOXING	IOGA S1		IOGA S1		
9.00	AQUAGIM P	TXI-KUNG S1	AQUADYNAMIC P	TXI-KUNG S1	AQUADYNAMIC P		
9.15		CULNICK S3		GIM SUAU S3			
9.30			CICLING S2		HBX FUSION		
9.30	ZUMBA/MOVE S3		NICK TBC S3				
10.00	TAIXI INICIACIÓ S1	IOGA S1	TAIXI S1	IOGA S1	TAIXI S1	CICLING VIRTUAL S2	CICLING VIRTUAL S2
10.00	HBX FUSION	AQUADYNAMIC P		AQUAGIM P	BODY PUMP S3	HBX	
10.15		GIM SUAU S3		HBX BOXING	MOBILITAT 30'		
10.15					CICLING S2		
10.30	ESTIRAMENTS S3		ZUMBA/MOVE S3				
11.00			TAIXI INICIACIÓ S1		ZUMBA/MOVE S3		
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				
12.00		AQUAGIM P		AQUAGIM P	FITBALLET S3		
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				AQUADYNAMIC P		
18.15			AQUAGIM 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			HBX FUSION		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 MOVE			
19.45			MOBILITAT 30'				
20.15	ZUMBA/MOVE S3	STRONG 30' S3					
20.15	NICKFUNCTIONAL	TAIXI S1		TXI-KUNG S1	HBX MOVE		
20.30	IOGA S1		IOGA S1	MOBILITAT			
20.30	CICLING S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
20.30		HBX BOXING	NICKFUNCTIONAL	BODY PUMP S3			
21.15		ABD EXPRESS S3		ABD EXPRESS			

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

ALTA INTENSITAT | TONO | AQUA | MIND | CARDIO

S1: SALA 1 S2: SALA 2 S3: SALA 3 FITNESS: SALA FITNESS P: PISCINA