

HORARIS ACTIVITATS DIRIGIDES 2020

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISS I FEST | DIUMENGE |
|-------|----------------------|--------------------|----------------------|--------------------|--------------------|--------------------|--------------------|
| 7.00 | BODY PUMP S3 | NICKFIT S1 | AQUAGIM P | PILATES S1 | HBX BOXING | | |
| 7.15 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | | |
| 8.00 | | | PILATES S1 | | PILATES S1 | | |
| 8.00 | | | HBX MOVE | | | | |
| 8.15 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | | |
| 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 | HBX FUSION | | ZUMBA/MOVE S3 |
| 9.30 | | | CICLING S2 | | | | |
| 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' | | ESTIRAMENTS S3 |
| 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 |
| 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 |
| 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 | BODY PUMP S3 | HBX BOXING | | | |
| 14.15 | | | | ZUMBA/MOVE S3 | | | |
| 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 | CULNICK S3 | ZUMBA/MOVE S3 | ZUMBA/MOVE S3 | FITBALLET S3 | CULNICK S3 | | |
| 18.00 | PILATES INICIACIÓ S1 | IOGA S1 | PILATES INICIACIÓ S1 | IOGA S1 | | | |
| 18.00 | AQUADYNAMIC P | | AQUAGIM P | | AQUADYNAMIC P | | |
| 18.00 | CICLING VIRTUAL S2 | CICLING S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | CICLING VIRTUAL S2 | | |
| 18.00 | HBX BOXING B | | HBX MOVE B | | HBX BOXING B | | |
| 18.15 | | | | HBX BOXING B | | | |
| 19.00 | HBX BOXING B | HBX BOXING B | HBX FUSION B | | | | |
| 19.00 | NICK TBC S3 | BODY PUMP S3 | NICK TBC S3 | ZUMBA/MOVE S3 | BODY PUMP S3 | | |
| 19.00 | ESTIRAMENTS S1 | PILATES S1 | ESTIRAMENTS S1 | PILATES S1 | IOGA S1 | | |
| 19.00 | CICLING S2 | | CICLING S2 | | | | |
| 19.15 | | RUNNICK | | CICLING S2 | | | |
| 19.15 | | | | HBX MOVE B | | | |
| 19.30 | | CICLING S2 | | CLUB TRIATLÓ | CICLING S2 | | |
| 20.00 | NICKFUNCTIONAL B | STRONG NATION | ZUMBA/MOVE S3 | BODY PUMP S3 | HBX MOVE B | | |
| 20.00 | IOGA S1 | TAIXI S1 | IOGA S1 | TXI-KUNG S1 | | | |
| 20.00 | ZUMBA/MOVE S3 | HBX BOXING B | NICKFUNCTIONAL | | | | |
| 20.00 | CICLING S2 | | CICLING S2 | | | | |

*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