

HORARIS ACTIVITATS DIRIGIDES 2021

	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 S1
10.15					CICLING S2		
10.30	ESTIRAMENTS 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				
12.00		AQUAGIM P		AQUAGIM P			
12.15					FITBALLET S3		HBX
12.15							ESTIRAMENTS S1
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