

HORARIS ACTIVITATS DIRIGIDES 2022

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISS I FEST	DIUMENGE
7.00	BODY PUMP S3	TECK NICK T	AQUANICK P	PILATES S1	HBX BOXING B		
7.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
8.00			HBX MOVE B				
8.00			PILATES S1		PILATES S1		
8.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
9.00	IOGA S1	TXI KUNG S1	IOGA S1	TXI KUNG S1	IOGA S1		
9.00	AQUANICK P	HBX BOXING B	AQUANICK P	TECK NICK T	AQUANICK P		
9.15		CULNICK S3		GIM SUAU S3	HBX FUSION B		ZUMBA S3
9.30	ZUMBA S3		NICKTBC S3			CICLING VIRTUAL S2	CICLING VIRTUAL S2
9.30			CICLING S2				
10.00	TAIXI INIC S1	IOGA S1	TAIXI S1	IOGA S1	TAIXI S1	HBX B	
10.00	HBX FUSION B	AQUANICK P			BODY PUMP S3		
10.15				AQUANICK P	MOVILIDAD B		ESTIRAMENTS S1
10.15		GIM SUAU S3		HBX BOXING B	CICLING S2		
10.30	ESTIRAMENTS S3		ZUMBA S3				
11.00			TAIXI INIC S1				
11.15	PILATES S1	PILATES S1	TECK NICK	PILATES S1	ZUMBA S3	CICLING S2	CICLING S2
11.15		WOD'S NICK T		WOD'S NICK T			ZUMBA S3
11.30	BODY PUMP S3		ESTIRAMENTS S3				
12.00		AQUANICK P		AQUANICK P			
12.15	FITBALLET S1						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
12.15							HBX B
14.15	CICLING VIRTUAL S2		CICLING VIRTUAL S2				
14.15	ZUMBA S3	BODY PUMP S3	WOD'S NICK T				
14.15	HBX BOXING B	CICLING S2	ZUMBA S3	CICLING S2			
16.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
17.00	TECK NICK T				WOD'S NICK T		
17.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
17.30		HBX BOXING B		HBX FUSION B	HBX MOVE B		
18.00	AQUANICK P	IOGA S1	AQUANICK P	IOGA S1	AQUANICK P		
18.00	PILATES INIC S1		PILATES INIC S1				
18.00			CICLING VIRTUAL S2		CICLING VIRTUAL S2		
18.15	ZUMBA S3	CULNICK S3	ZUMBA S3	BODY PUMP S3			
18.15	HBX BOXING B	CICLING S2	HBX MOVE B	HBX BOXING B	HBX BOXING B		
18.30		WOD'S NICK T		WOD'S NICK T	CULNICK S3	CICLING VIRTUAL S2	CICLING VIRTUAL S2
19.00	ESTIRAMENTS S1	PILATES S1	ESTIRAMENTS S1	PILATES S1	IOGA S1		
19.00	HBX BOXING B						
19.15	NICKTBC S3	BODYPUMP S3	NICKTBC S3	ZUMBA S3			
19.15		HBX BOXING B	HBX FUSION B	HBX MOVE B			
19.15		RUNNICK	CICLING S2		CICLING S2		
19.30	CICLING S2	CICLING S2		CICLING S2	BODYPUMP S3		
19.30				TECK NICK T			
20.00	IOGA S1	TAIXI S1	IOGA S1	TXI KUNG S1			
20.15	ZUMBA S3	ZUMBA S3	ZUMBA S3	BODYPUMP S3			
20.15			NICKFUNCT T	WOD'S NICK T	WOD'S NICK T		
20.30	CICLING S2	TECK NICK T	CICLING S2				
20.30	NICKFUNCT T						
21.00		ABD EXPRESS B					
21.15				ABD EXPRESS B			

*Les activitats outdoor estan condicionades a la climatologia.