

# HORARIS ACTIVITATS DIRIGIDES 2023

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISS I FEST	DIUMENGE
7.00	BODY PUMP S3	WOD'S 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	TECKNICK T	AQUANICK P		
9.15		CULNICK S3		GIM SUAU S3	HBX FUSION B		ZUMBA S3
9.30	ZUMBA S3		NICKTBC S3				
9.30	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2		CICLING VIRTUAL S2	CICLING VIRTUAL S2
10.00	TAIXI INIC S1	IOGA S1	TAIXI S1	IOGA S1	TAIXI S1	HBX B	
10.00	HBX FUSION B	AQUANICK P			BODYPUMP S3		
10.15				AQUANICK P	MOBILITAT B		ESTIRAMENTS S1
10.15		GIM SUAU S3		HBX BOXING B	CICLING S2		
10.30	ESTIRAMENTS S3		ZUMBA S3				
11.00	CICLING VIRTUAL S2	CICLING VIRTUAL S2	TAIXI INIC S1	CICLING VIRTUAL S2			
11.15	PILATES S1	PILATES S1	ABD EXPRESS B	PILATES S1		CICLING S2	CICLING S2
11.15		WOD'S NICK T		WOD'S NICK T	ZUMBA S3		ZUMBA S3
11.30	BODYPUMP S3		ESTIRAMENTS S3				
12.00		AQUANICK P		AQUANICK P			
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							ESTIRAMENTS S1
12.15							HBX B
14.15	CICLING VIRTUAL S2		CICLING VIRTUAL S2		CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
14.15	ZUMBA S3	CICLING S2		CICLING S2			
14.15	HBX BOXING B	BODYPUMP S3	WOD'S NICK T	MOBILITAT B			
16.00						CICLING VIRTUAL S2	CICLING VIRTUAL S2
16.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
17.00						CICLING VIRTUAL S2	CICLING VIRTUAL S2
17.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
17.15	MOBILITAT 30' B			HBX FUSION B			
17.30		HBX BOXING B			HBX MOVE B		
18.00	AQUANICK P	IOGA S1	AQUANICK P	IOGA S1	AQUANICK P	CICLING VIRTUAL S2	CICLING VIRTUAL S2
18.00	PILATES INIC S1		PILATES INIC S1				
18.00	HBX BOXING B						
18.15	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
18.15	ZUMBA S3	CULNICK S3	ZUMBA S3	BODYPUMP S3			
18.15			HBX MOVE B	HBX BOXING B	HBX BOXING B		
18.30		WOD'S NICK T		WOD'S NICK T	CULNICK S3		
19.00	ESTIRAMENTS S1	PILATES S1		PILATES S1	IOGA S1	CICLING VIRTUAL S2	CICLING VIRTUAL S2
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		
19.15			ESTIRAMENTS S1				
19.30	CICLING S2	CICLING S2		CICLING S2			
19.30				TECKNICK T	BODYPUMP S3		
20.00	IOGA S1	TAIXI S1		TXI KUNG S1			
20.15	ZUMBA S3	ZUMBA S3	ZUMBA S3	BODYPUMP S3	WOD'S NICK T		
20.15			NICKFUNCT T	WOD'S NICK T			
20.15			IOGA S1				
20.30	NICKFUNCT T	TECKNICK T					
20.30	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
21.00		ABD EXPRESS B		ABD EXPRESS B			