

HORARI ACTIVITATS DIRIGIDES

	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		
7.00	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
8.00	HBX BOXING B	TAIXI/TXI KUNG S1	HBX MOVE B	TAIXI/TXI KUNG S1			
8.00		BODYPUMP S3	PILATES S1	CULNICK S3	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	CICLING VIRTUAL S2	CICLING VIRTUAL S2	NICKTBC S3	CICLING VIRTUAL S2		CICLING VIRTUAL S2	CICLING VIRTUAL S2
9.30	ZUMBA S3		TABATA T				
10.00	TAIXI INIC S1	IOGA S1	TAIXI S1	IOGA S1	TAIXI S1	HBX BOXING B	
10.00		AQUANICK P			BODYPUMP S3		
10.15	HBX FUSION B	GIM SUAU S3		AQUANICK P	MOBILITAT B		ESTIRAMENTS S1
10.15				HBX BOXING B	CICLING S2		
10.30	CORE T		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		PILATES S1		CICLING S2	CICLING S2
11.15		WOD'S NICK T		WOD'S NICK T	ZUMBA S3		ZUMBA S3
11.30	MOBILITAT S3		ESTIRAMENTS S3				
11.30			CORE T				
12.00		AQUANICK P		AQUANICK P			
12.15	CICLING VIRTUAL S2		CICLING VIRTUAL S2		CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
12.15							ESTIRAMENTS S1
12.15							HBX FUSION B
14.15	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2
14.15	CULNICK S3	BODYPUMP S3	WOD'S NICK T	HBX BOXING B			
14.15	HBX BOXING 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	CULNICK 30' S3		HBX MOVE S3		
18.00	ZUMBA S3	IOGA S1	PILATES INIC S1	IOGA S1	AQUANICK P	CICLING VIRTUAL S2	CICLING VIRTUAL S2
18.00	HBX BOXING B		AQUANICK P				
18.15	PILATES S1	CULNICK S3	ZUMBA S3	BODYPUMP S3	HBX BOXING B		
18.15	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
18.15	AQUANICK P	CORE B	HBX MOVE B	HBX BOXING B			
18.30		WOD'S NICK T		WOD'S NICK T	CULNICK S3	HBX FUSION B	HBX BOXING B
19.00	NICKTBC S3	PILATES S1	ESTIRAMENTS S1	PILATES S1	IOGA S1	CICLING VIRTUAL S2	CICLING VIRTUAL S2
19.15		BODYPUMP S3	NICKTBC S3	ZUMBA S3	WOD'S NICK T		
19.15	ESTIRAMENTS S1	HBX BOXING B	HBX FUSION B	HBX MOVE B			
19.15	HBX BOXING B	RUNNICK			CICLING S2		
19.30	CICLING S2	CICLING S2	CICLING S2	CICLING S2	BODYPUMP S3		
19.30				MOBILITAT T			
20.00		TAIXI S1	IOGA S1	TXI KUNG S1			
20.15	ZUMBA S3	ZUMBA S3	ZUMBA S3	BODYPUMP S3			
20.15	IOGA S1			WOD'S NICK T			
20.30	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2	CICLING VIRTUAL S2		
20.30	NICKFUNCT T	TABATA T	CICLING S2				
20.30			STRONGLLEG 30' B				
21.00		CORE 30' B	CORE 30' B	CORE 30' B			