

# HORARI ACTIVITATS DIRIGIDES

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