

# Graella de Nadal



club natació catalunya

Del 25 de desembre al 7 de gener

INICI - FINAL	NADAL	SANT ESTEVE	DIMECRES 27	DIJOURS 28	DIVENDRES 29	DISSABTE 30	DIUMENGE 31	
7.00 - 7.45 h	T A N C A T	N O H I H A A C T I V I T A T S	TRAINING	HIIT	CARDIO GAC			
8.00 - 8.45 h			SPEEDBIKE		SPEEDBIKE			
9.00 - 09.45 h						HIIT		
9.15 - 10.00 h						PILATES		
9.30 - 10.15 h					HIIT	TBC	CARDIO GAC	
10.00 - 10.45 h					STRETCHING		BALANCE	
11.00 - 11.45 h					SPEEDBIKE		SPEEDBIKE	
12.00 - 12.45 h					CARDIO GAC	UPPER BODY	TONO	PILATES
14.15 - 15.00 h					GYM DOLÇA	GYM DOLÇA	GYM DOLÇA	TRAINING
18.00 - 18.25 h								SPEEDBIKE
18.30 - 19.15 h			TRAINING	SPEEDBIKE	TRAINING			
19.30 - 20.15 h			ABDOMINALS 25	TONO EXPRESS	ABDOMINALS 25			
20.30 - 20.55 h			BODY PUMP	ZUMBA	TONO			
			SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
			PILATES	STRETCHING 18.15				
			ZUMBA	BODY COMBAT	GAC			
			SPEEDBIKE	SPEEDBIKE				
			ABDOMINALS 25	CROSS 25	HIIT 25			

**I LA MASTER D'SPINNING!**

- 31 de 11.30 a 13 h

Caldrà apuntar-se a la Sala prèviament. I porteu raïm!

INICI - FINAL	ANY NOU	DIMARTS 2	DIMECRES 3	DIJOURS 4	DIVENDRES 5	REIS	DIUMENGE 7	
7.00 - 7.45 h	T A N C A T	TRAINING	BODY PUMP	HIIT	CARDIO GAC	N O H I H A A C T I V I T A T S		
8.00 - 8.45 h		HIIT	TRAINING	BODY PUMP	HIIT			
9.00 - 09.45 h		TONO CORE	HIIT	TBC	CARDIO GAC			
9.15 - 10.00 h			STRETCHING		BALANCE			
9.30 - 10.15 h			SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
10.00 - 10.45 h			ZUMBA	CARDIO GAC	UPPER BODY		TONO	
11.00 - 11.45 h			GYM DOLÇA	GYM DOLÇA	GYM DOLÇA		GYM DOLÇA	
12.00 - 12.45 h								
14.15 - 15.00 h			SPEEDBIKE	TRAINING	SPEEDBIKE		TRAINING	
17.15 - 18.00 h			GYM DOLÇA		GYM DOLÇA			
18.00 - 18.25 h		TONO EXPRESS	ABDOMINALS 25	TONO EXPRESS	ABDOMINALS 25			
18.30 - 19.15 h		GAC	BODY PUMP	GAC				
19.30 - 20.15 h		SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
20.30 - 20.55 h		BALANCE		PILATES				
		UPPER	TRAINING	BODY PUMP				
		SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
		CROSS 25	ABDOMINALS 25	CROSS 25				