

Graella de Nadal

Del 21 de desembre al 10 de gener



club natació catalunya

INICI - FINAL	SALA	DILLUNS 21	DIMARTS 22	DIMECRES 23	DIJOURS 24	NADAL	SANT ESTEVE	DIUMENGE 27
7.00 - 7.45 h	A1 / Ext	SURPRISE	TRAINING	CARDIO GAC	ABS-ESTIRA	T A N C A T		
	A2	SPEEDBIKE	SPEED VIRTUAL	SPEEDBIKE	SPEED VIRTUAL			
8.00 - 8.45 h	A1 / Ext	GAC	TONO	BODY PUMP	TRAINING			
9.00 - 09.45 h	Exterior	CARDIO GAC	PILATES	TRAINING	UPPER BODY			
	Exterior	STRECHING		STRECHING				
	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
10.00 - 10.45 h	A1 / Ext	TONO CORE	ZUMBAS	UPPER BODY	PILATES			
11.00 - 11.45 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL			
	Exterior	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA			
15.15 - 16.00 h	Exterior	TRAINING	SPEEDBIKE	CARDIO GAC	SPEEDBIKE			
17.00 - 17.45 h	Exterior		GYM DOLÇA					
17.30 - 18.15 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL				
18.00 - 18.25 h	Exterior	TONO EXPRESS	ABDOMINALS	TONO EXPRESS				
18.15 - 19.00 h	LS		STRECHING					
18.30 - 19.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
	Ext/ A1	TONO	ZUMBA	GAC				
19.30 - 20.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
	Ext/ A1	BODY COMBAT	BODY PUMP	STEP + UPPER				
20.30 - 20.55 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL				

11.30 h
SPEED VIRTUAL

11.30 h
SPEED VIRTUAL

12.30 h
SPEED VIRTUAL

INICI - FINAL	SALA	DILLUNS 28	DIMARTS 29	DIMECRES 30	DIJOURS 31	ANY NOU	DISSABTE 2	DIUMENGE 3
7.00 - 7.45 h	A1 / Ext	SURPRISE	TRAINING	CARDIO GAC	ABS-ESTIRA	T A N C A T		
	A2	SPEEDBIKE	SPEED VIRTUAL	SPEEDBIKE	SPEED VIRTUAL			
8.00 - 8.45 h	A1 / Ext	GAC	TONO	BODY PUMP	TRAINING			
9.00 - 09.45 h	Exterior	CARDIO GAC	PILATES	TRAINING	UPPER BODY			
	Exterior	STRECHING		STRECHING				
	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
10.00 - 10.45 h	A1 / Ext	TONO CORE	ZUMBAS	UPPER BODY	PILATES			
11.00 - 11.45 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL			
	Exterior	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA			
15.15 - 16.00 h	Exterior	TRAINING	SPEEDBIKE	CARDIO GAC	SPEEDBIKE			
17.00 - 17.45 h	Exterior		GYM DOLÇA					
17.30 - 18.15 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL				
18.00 - 18.25 h	Exterior	TONO EXPRESS	ABDOMINALS	TONO EXPRESS				
18.15 - 19.00 h	LS		STRECHING					
18.30 - 19.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
	Ext/ A1	TONO	ZUMBA	GAC				
19.30 - 20.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE				
	Ext/ A1	BODY COMBAT	BODY PUMP	STEP + UPPER				
20.30 - 20.55 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL				

10.30h
PILATES

11.30h
TONO

12.30 h
SPEEDBIKE

11.30 h
SPEED VIRTUAL

12.30 h
SPEED VIRTUAL

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INICI - FINAL	SALA	DILLUNS 4	DIMARTS 5	REIS	DIJOURS 7	DIVENDRES 8	DISSABTE 9	DIUMENGE 10
7.00 - 7.45 h	A1 / Ext	SURPRISE	TRAINING		ABS-ESTIRA	TONO		
	A2	SPEEDBIKE	SPEED VIRTUAL		SPEED VIRTUAL	SPEEDBIKE		
8.00 - 8.45 h	A1 / Ext	GAC	TONO		TRAINING	PILATES		
9.00 - 09.45 h	Exterior	CARDIO GAC	PILATES		UPPER BODY	TBC		
	Exterior	STRECHING						
	A2	SPEEDBIKE	SPEEDBIKE		SPEEDBIKE	SPEED VIRTUAL		
10.00 - 10.45 h	A1 / Ext	TONO CORE	ZUMBAS		PILATES	STEP TONO	10.30h PILATES	
11.00 - 11.45 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	11.30 h SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	11.30h TONO	11.30 h SPEED VIRTUAL
	Exterior	GYM DOLÇA	GYM DOLÇA		GYM DOLÇA	GYM DOLÇA	12.30 h SPEEDBIKE	12.30 h SPEED VIRTUAL
15.15 - 16.00 h	Exterior	TRAINING	SPEEDBIKE		SPEEDBIKE	SURPRISE		
17.00 - 17.45 h	Exterior				GYM DOLÇA			
17.30 - 18.15 h	A2	SPEED VIRTUAL			SPEED VIRTUAL	SPEED VIRTUAL		
18.00 - 18.25 h	Exterior	TONO EXPRESS			ABDOMINALS	TONO EXPRESS		
18.15 - 19.00 h	LS				STRECHING			
18.30 - 19.15 h	A2	SPEEDBIKE			SPEEDBIKE	SPEED VIRTUAL		
	Ext/ A1	TONO			BODY PUMP	ZUMBAS JUMP		
19.00 - 20.00 h	Exterior				CORREDORS			
19.30 - 20.15 h	A2	SPEEDBIKE			SPEEDBIKE	SPEED VIRTUAL		
	Ext/ A1	BODY COMBAT			ZUMBA	CROSS CNC		
20.30 - 20.55 h	A2	SPEED VIRTUAL			SPEED VIRTUAL	SPEED VIRTUAL		

Horaris del Club

	OBERTURA INSTAL·LACIÓ	FINAL DELS SERVEIS	TANCAMENT INSTAL·LACIÓ
Dijous 24 de desembre	06.45H	18.30h	19.00h
Divendres 25 de desembre	TANCAT	TANCAT	TANCAT
Dissabte 26 de desembre	7.00h	13.00h	13.30h
Dijous 31 de desembre	6.45h	18.30h	19.00h
Divendres 1 de gener	TANCAT	TANCAT	TANCAT
Dimarts 5 de gener	06.45h	19.30h	20.00h
Dimecres 6 de gener	07.00h	13.00h	13.30h