

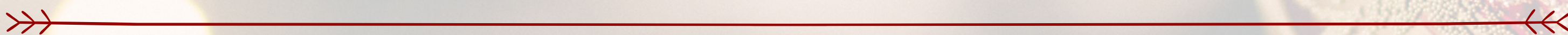


club natació catalunya

Graella de Nadal

Del 23 de desembre 2024 al 5 de gener 2025

INICI - FINAL	SALA	DILLUNS 23	DIMARTS 24	NADAL	SANT ESTEVE	DIVENDRES 27	DISSABTE 28	DIUMENGE 29		
7.00 - 7.45 h	A1	TRAINING	SPEEDBIKE	T A N C A T	SENSE ACTIVI- TATS					
	A2	SPEEDBIKE								
8.00 - 8.45 h	A1	PILATES	UPPER BODY					HIIT		
8.15 - 9.00 h	A5							PILATES		
9.00 - 09.45 h	A1	HIIT	TBC					UPPER		
9.15 - 10.00 h	A1	STRECHING	BALANCE					BALANCE		
10.00 - 10.45 h	A1	UPPER	EN FORMA					GAC	PILATES	TRAINING
11.00 - 11.45 h	A1	GYM DOLÇA	GYM DOLÇA					GYM DOLÇA	TRAINING	SPEEDBIKE
14.15 - 15.00 h	A1	TRAINING	SPEEDBIKE					CROSS	SPEEDBIKE (12h)	
17.00 - 17.45 h	A1	GYM DOLÇA						GYM DOLÇA		
18.00 - 18.25 h	A1	HIIT 25				CORE 25				
18.30 - 19.15 h	A1	TRAINING				GAC				
	A2	SPEEDBIKE				SPEEDBIKE				
19.30 - 20.15 h	A1	GAC				TONO				
	A2	SPEEDBIKE				SPEEDBIKE				
20.30 - 20.55 h	A1	CORE 25				HIIT 25				



INICI - FINAL	SALA	DILLUNS 30	DIMARTS 31	ANY NOU	DIJOURS 2	DIVENDRES 3	DISSABTE 4	DIUMENGE 5	
7.00 - 7.45 h	A1	TRAINING	HIIT	T A N C A T	CARDIOGAC	SPEEDBIKE			
	A2	SPEEDBIKE							
8.00 - 8.45 h	A1	PILATES	GAC			TBC	PILATES		
9.00 - 09.45 h	A1	HIIT	TBC			UPPER	TBC		
9.15 - 10.00 h	A1		STRECHING				BALANCE		
9.30-10.15 h	A2		SPEEDBIKE						
10.00 - 10.45 h	A1	UPPER	EN FORMA			GAC	EN FORMA	PILATES	TRAINING
11.00 - 11.45 h	A1	GYM DOLÇA	GYM DOLÇA (11.30H)			GYM DOLÇA	GYM DOLÇA	TRAINING	SPEEDBIKE
14.15 - 15.00 h	A1	TRAINING	SPEEDBIKE			SPEEDBIKE	TRAINING	SPEEDBIKE (12h)	
17.00 - 17.45 h	A1	GYM DOLÇA				GYM DOLÇA			
18.00 - 18.25 h	A1	CORE 25			TONO 25	CORE 25			
18.15 - 19.00 h	A5	PILATES			STRECHING				
18.30 - 19.15 h	A1	CROSS			UPPER	CROSS			
	A2	SPEEDBIKE			SPEEDBIKE	SPEEDBIKE			
19.30 - 20.15 h	A1	ZUMBA			ZUMBA	GAC			
	A2	SPEEDBIKE			SPEEDBIKE	SPEEDBIKE			
20.30 - 20.55 h	A1	CORE 25			CROSS 25	CORE 25			