

Graella d'activitats dirigides

ESPECIAL SETMANA SANTA



club natació catalunya

INICI - FINAL	SALA	DILLUNS 25	DIMARTS 26	DIMECRES 27	DIJOUS 28	DIVENDRES 29	DISSABTE 30	DIUMENGE 31	DILLUNS 1			
7.00 - 7.45 h	A1	BODY PUMP (Marisol)	TRAINING (Marisol)	CARDIO GAC (Marisol)	KETTEL BELL (Marisol)	T A N C A T	N O A C T I V I T A T S					
	A2	SPEEDBIKE (Jennifer)	SPEEDBIKE VIRTUAL	SPEEDBIKE (Jennifer)	SPEEDBIKE VIRTUAL							
8.00 - 8.45 h	A1	GAC (Marisol)	HIIT + UPPER (Marisol)	BODY PUMP (Marisol)	TRAINING (Marisol)							
	A3	PILATES PROPIOCEPTIU (Jennifer)		PILATES PROPIOCEPTIU (Jennifer)								
9.00 - 9.45 h	A1	TBC (Judit)	CARDIO BOSU (Judit)	CARDIO STOP (Judit)	TBC (Judit)							
9.00 - 10.00 h	A5											
9.15 - 10.00 h	A5	STRECHING (Lourdes)		STRECHING (Lourdes)								
9.30 - 10.15 h	A2	SPEEDBIKE (Marisol)	BIKE TONO 1h15m (Jennifer)	SPEEDBIKE (Marisol)	SPEEDBIKE (Marisol)							
	A4											
10.00 - 10.45 h	A1	TONO CORE (Judit)	ZUMBAS (Judit)	UPPER BODY (Judit)	CARDIO GAC (Judit)						PILATES (Marisol)	
10.30 - 11.15 h	A3	PILATES (Marisol)										
10.45 - 11.30 h	A3										ZUMBAS (Marisol)	
11.00 - 11.45 h	A2	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL						BODY PUMP (Marisol)	TRAINING Ferran/Jennifer
	A1	GYM DOLÇA (Judit)	GYM DOLÇA (Judit)	GYM DOLÇA (Judit)	GYM DOLÇA (Judit)							
12.00 - 12.45							SPEEDBIKE (Marisol)	SPEEDBIKE Ferran/Jennifer				
14.15 - 15.00 h	A2 /frontó	CROSS CNC (Dani R) frontó	SPEEDBIKE (Dani R)	TRAINING (Dani R) frontó	SPEEDBIKE (Dani R)							
15.15 - 16.00 h	A1 /frontó	TRAINING (Dani R)		SURPRISE (Dani R)								
16.00-16.45							SPEEDBIKE VIRTUAL					
17.15 - 18.00 h	A1/EXT		GYM DOLÇA (Miguel)		GYM DOLÇA (Miguel)							
17.30 - 18.15 h	A3	ZUMBA (Gemma)		ZUMBA (Gemma)								
	A2	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL		SPEEDBIKE VIRTUAL					
17.30 - 18.30 h	A5											
18.00 - 18.25 h	A1	ABDOMINALS (Dani PA)	TONO EXPRESS (Dani PA)	ABDOMINALS (Dani PA)	TONO EXPRESS (Dani PA)							
18.15 - 19.00 h	A5		BALANCE (Lourdes)		STRECHING (Lourdes)							
18.30 - 19.15 h	A1	BODY PUMP (Dani PA)	ZUMBA (Gemma)	BODY COMBAT (Gemma)	BODY PUMP (Dani PA)							
	A2	SPEEDBIKE (Gemma)	SPEEDBIKE (Dani PA)	SPEEDBIKE (Dani PA)	SPEEDBIKE (Gemma)							
	A5 /A3		PILATES (Miguel) A3		PILATES (Miguel) A3							
19.00 - 20.00 h	Exterior				CORREDORS (Toti)		SPEEDBIKE VIRTUAL					
19.30 - 20.15 h	A1	BODY COMBAT (Gemma)	BODY PUMP (Dani PA)	GAC (Dani PA)	ZUMBA (Gemma)							
	A2	SPEEDBIKE (Dani PA)	SPEEDBIKE (Gemma)	SPEEDBIKE (Gemma)	SPEEDBIKE (Dani PA)							
	A5/Ext		TRAINING (Miguel) ext		TRAINING (Miguel) ext							
20.30 - 21.15 h	A1	CROSS CNC (Dani PA)	ABDOMINALS 25' (Dani PA)	CROSS CNC (Dani PA)	ABDOMINALS 25' (Dani PA)							
	A2	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL	SPEEDBIKE VIRTUAL							