

ACTIVITATS DIRIGIDES Del 3 al 31 d'agost



CNG Granollers

HORA	DILLUNS	DIMARTS	DIAMES	DIJOUS	DIVENDRES
6:00	06:15 - 07:00 Full Body SALA 1	06:15 - 07:00 Cycling Virtual	06:15 - 07:10 GAC SALA 1	06:15 - 07:00 Body Balance Virtual SALA 3	06:15 - 07:00 Pilates SALA 3
7:00	07:30 - 08:15 Cycling Virtual	07:30 - 08:15 AquaGim PISCINA 2	07:30 - 08:15 Body Balance Virtual SALA 3	07:30 - 08:15 AquaGim PISCINA 2	
9:00	09:30 - 10:25 B-Pump SALA 1	09:30 - 10:25 Body Combat Virtual SALA 3	09:30 - 10:15 Pilates SALA 3	09:30 - 10:15 Cycling Virtual	09:30 - 10:15 Full Body SALA 1
10:00	10:30 - 11:15 Cycling Virtual	10:30 - 11:25 GAC SALA 1	10:30 - 11:15 Body Balance Virtual SALA 3	10:30 - 11:25 B-Pump SALA 1	10:30 - 11:25 Body Combat Virtual SALA 3
12:00	12:00 - 12:45 AquaGim PISCINA 2	12:00 - 12:45 C. Postural Sènior SALA 3	12:00 - 12:45 AquaGim PISCINA 2	12:00 - 12:45 Força Sènior SALA 1	12:00 - 12:45 Body Balance Virtual SALA 3
13:00	13:30 - 14:15 Cycling Virtual	13:30 - 14:15 Full Body SALA 1	13:30 - 14:25 Body Combat Virtual SALA 1	13:30 - 14:15 Circuit Training SALA 1	13:30 - 14:15 Body Balance Virtual SALA 3
15:00	15:30 - 16:25 B-Pump SALA 1	15:30 - 16:15 Cycling Virtual	15:30 - 16:15 Full Body SALA 1	15:30 - 16:15 Body Balance Virtual SALA 3	15:30 - 16:25 Circuit Training SALA 1
16:00	16:30 - 17:25 Body Combat Virtual SALA 3	16:30 - 17:25 GAC SALA 1	16:30 - 17:15 Cycling Virtual	16:30 - 17:15 Pilates SALA 3	16:30 - 17:15 Body Balance Virtual SALA 3
18:00	18:00 - 18:55 GAC SALA 1	18:00 - 18:55 Body Combat Virtual SALA 3	18:00 - 18:55 B-Pump SALA 1	18:00 - 18:45 Cycling Virtual	18:00 - 18:45 Pilates SALA 3
19:00	19:00 - 19:45 Cycling Virtual	19:00 - 19:45 Pilates SALA 3	19:00 - 19:55 Body Combat Virtual SALA 3	19:00 - 19:55 B-Pump SALA 1	19:00 - 19:55 GAC SALA 1
20:00	20:00 - 20:45 Full Body SALA 1	20:00 - 20:45 Cycling Virtual	20:00 - 20:55 GAC SALA 1	20:00 - 20:45 Body Balance Virtual SALA 3	
20:30	20:30 - 21:15 Cycling Virtual		20:30 - 21:15 Body Balance Virtual SALA 3		20:30 - 21:25 Body Combat Virtual SALA 3

HORA	DISSABTE	DIUMENGE
6:00		
7:00	07:30 - 08:15 Cycling Virtual	
9:00	09:30 - 10:25 Body Combat Virtual SALA 3	09:30 - 10:15 Cycling Virtual
10:00	10:30 - 11:15 Body Balance Virtual SALA 3	10:30 - 11:25 Body Combat Virtual SALA 3
12:00		12:00 - 12:45 Body Balance Virtual SALA 3
13:00		
15:00		
16:00		
18:00	18:00 - 18:45 Body Balance Virtual SALA 3	
19:00		
20:00		
20:30		