

ACTIVITATS DIRIGIDES A partir de l'1 de setembre



CNG Granollers

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
6:00	06:15 - 07:05 Cycling 50' SALA 2 06:15 - 07:05 CrossTraining Zona Crosshiit	06:15 - 07:05 Body Pump SALA 1 06:15 - 07:05 Hybrid CNG Zona Crosshiit	06:15 - 07:05 Fusion Circuit SALA 1 06:15 - 07:05 CrossTraining Zona Crosshiit	06:15 - 07:05 GAC SALA 1	06:15 - 07:05 Cycling 50' SALA 2 06:15 - 07:05 Pilates Fit SALA 3 06:15 - 07:05 CrossTraining Zona Crosshiit	
7:00	07:00 - 07:30 CORE Fit 30' SALA 3 07:00 - 07:50 AquaGim PISCINA 2	07:00 - 07:30 Mobility 30' SALA 3 07:30 - 08:20 AquaGim PISCINA 2	07:00 - 07:50 Pilates Fit SALA 3	07:00 - 07:50 Pelvic Balance SALA 3 07:30 - 08:20 AquaGim PISCINA 2		
8:00	08:30 - 09:20 Full Body SALA 1 08:30 - 09:20 Cross Senior Zona Crosshiit	08:30 - 09:20 Pilates Fit SALA 3	08:30 - 09:20 Pelvic Balance SALA 3 08:30 - 09:20 Move & Health SALA 1	08:30 - 09:20 Body Pump SALA 1	08:30 - 09:00 CORE Fit 30' SALA 3 08:30 - 09:20 Fusion Circuit SALA 1	
9:00	09:30 - 10:20 CrossTraining Zona Crosshiit 09:30 - 10:20 Pilates Fit SALA 2 09:30 - 10:20 Cycling 50' SALA 2	09:30 - 10:20 Pelvic Balance SALA 3 09:30 - 10:20 Body Pump SALA 1	09:30 - 10:20 CrossTraining Zona Crosshiit 09:30 - 10:20 Pilates Fit SALA 2 09:30 - 10:20 GAC SALA 1	09:30 - 10:20 Hybrid CNG Zona Crosshiit 09:30 - 10:20 Cardio Fit SALA 1	09:00 - 09:30 Mobility 30' SALA 3 09:30 - 10:20 CrossTraining Zona Crosshiit 09:30 - 10:20 Full Body SALA 1	09:00 - 09:50 Full Body SALA 1
10:00	10:30 - 11:20 GAC SALA 1 10:30 - 11:20 Pelvic Balance SALA 3	10:30 - 11:20 Cycling 50' SALA 2	10:30 - 11:20 Body Pump SALA 1	10:30 - 11:20 Move & Health SALA 1	10:30 - 11:20 Pilates Fit SALA 3	10:00 - 10:50 Hybrid CNG Zona Crosshiit
11:00	11:30 - 12:20 Full Body senior SALA 1 11:30 - 12:20 Post Part SALA 3	11:00 - 11:50 AquaGim PISCINA 2 11:30 - 12:20 Pilates Sènior SALA 3	11:30 - 12:20 Move Sènior SALA 1 11:30 - 12:20 Post Part SALA 3 Elva Santamaria	11:30 - 12:20 Cross Senior Zona Crosshiit	11:30 - 12:20 GAC Senior SALA 1	11:00 - 11:30 CORE Fit 30' SALA 3 11:30 - 12:00 Mobility 30' SALA 3
12:00	12:00 - 12:50 AquaGim PISCINA 2	12:00 - 12:50 AquaGim PISCINA 2	12:00 - 12:50 AquaGim PISCINA 2 12:30 - 13:20 Pre Part SALA 3	12:15 - 13:05 AquaGim PISCINA 2	12:00 - 12:50 AquaGim PISCINA 2	
13:00	13:00 - 13:50 AquaGim PISCINA 2 13:30 - 14:20 Body Pump SALA 1	13:30 - 14:00 CORE Fit 30' SALA 3 13:30 - 14:20 Fusion Circuit SALA 1	13:00 - 13:50 AquaGim PISCINA 2 13:30 - 14:20 Hybrid CNG Zona Crosshiit 13:30 - 14:20 GAC SALA 1	13:30 - 14:20 Cycling 50' SALA 2	13:00 - 13:50 AquaGim PISCINA 2 13:30 - 14:20 Pilates Fit SALA 3	
14:00	14:30 - 15:20 Pelvic Balance SALA 2	14:00 - 14:30 Mobility 30' SALA 3				
15:00	15:30 - 16:20 AquaGim PISCINA 2 15:30 - 16:00 CORE Fit 30' SALA 3 15:30 - 16:20 Move & Health SALA 1	15:30 - 16:20 AquaGim PISCINA 2 15:30 - 16:20 Cycling 50' SALA 2	15:30 - 16:20 AquaGim PISCINA 2 15:30 - 16:20 Body Pump SALA 1	15:30 - 16:20 GAC SALA 1	15:30 - 16:20 AquaGim PISCINA 2 15:30 - 16:20 Pilates Fit SALA 3	
16:00	16:00 - 16:30 Mobility 30' SALA 3 16:30 - 17:20 Hybrid CNG Zona Crosshiit 16:30 - 17:20 Cardio Fit SALA 1	16:30 - 17:20 GAC SALA 1	16:30 - 17:20 Pilates Fit SALA 3	16:00 - 16:50 AquaGim PISCINA 2 16:30 - 17:20 CrossTraining Zona Crosshiit	16:30 - 17:00 CORE Fit 30' SALA 3	
17:00	17:30 - 18:20 Pelvic Balance SALA 3 17:30 - 18:20 CrossTraining Zona Crosshiit 17:30 - 18:20 Body Pump SALA 1	17:30 - 18:20 Pilates Fit SALA 3 17:30 - 18:20 Hybrid CNG Zona Crosshiit 17:30 - 18:20 Fusion Circuit SALA 1	17:30 - 18:20 CrossTraining Zona Crosshiit 17:30 - 18:20 Cycling 50' SALA 2 17:30 - 18:20 GAC SALA 1	17:30 - 18:00 CORE Fit 30' SALA 3 17:30 - 18:20 Hybrid CNG Zona Crosshiit 17:30 - 18:20 Full Body SALA 1	17:00 - 17:30 Mobility 30' SALA 3 17:30 - 18:20 Pilates Fit SALA 3 17:30 - 18:20 Cycling 50' SALA 2	
18:00	18:30 - 19:20 Pilates Fit SALA 3 18:30 - 19:20 Cycling 50' SALA 2 18:30 - 19:20 Fusion Circuit SALA 1	18:30 - 19:20 CrossTraining Zona Crosshiit 18:30 - 19:20 GAC SALA 1	18:30 - 19:00 CORE Fit 30' SALA 3 18:30 - 19:20 Cardio Fit SALA 1	18:00 - 18:30 Mobility 30' SALA 3 18:30 - 19:20 Pelvic Balance SALA 3 18:30 - 19:20 Running Iniciació EXTERIOR 18:30 - 19:20 Body Pump SALA 1	18:30 - 19:20 CrossTraining Zona Crosshiit 18:30 - 19:20 Full Body SALA 1	
19:00	19:30 - 20:00 CORE Fit 30' SALA 2 19:30 - 20:20 Full Body SALA 1	19:30 - 20:20 Cycling 50' SALA 2 19:30 - 20:20 Move & Health SALA 1	19:00 - 19:30 Mobility 30' SALA 3 19:30 - 20:20 Body Pump SALA 1	19:30 - 20:20 Cycling 50' SALA 2 19:30 - 20:20 Fusion Circuit SALA 1	19:30 - 20:00 CORE Fit 30' SALA 3 19:30 - 20:20 Cardio Fit SALA 1	
20:00	20:00 - 20:50 CrossTraining Zona Crosshiit 20:00 - 20:30 Mobility 30' SALA 2 20:30 - 21:20 GAC SALA 1	20:30 - 21:20 Body Pump SALA 1	20:00 - 20:50 CrossTraining Zona Crosshiit 20:30 - 21:20 Pilates Fit SALA 3 20:30 - 21:20 Cycling 50' SALA 2	20:30 - 21:20 AquaGim PISCINA 2 20:30 - 21:20 Full Body SALA 1	20:00 - 20:30 Mobility 30' SALA 2	

ACTIVITATS DIRIGIDES VIRTUALS A partir de l'1 de setembre



CNG Granollers

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
6:00				06:15 - 07:05 Body Combat SALA 3			
7:00	06:15 - 07:05 Body Balance SALA 3	06:15 - 07:05 Cycling Virtual SALA 2	06:15 - 07:05 Cycling Virtual SALA 2			07:30 - 08:20 Cycling Virtual SALA 2	
8:00	07:30 - 08:20 Cycling Virtual SALA 2	07:30 - 08:20 Body Combat SALA 3					
9:00	08:30 - 09:20 Body Balance SALA 3	08:30 - 09:20 Cycling Virtual SALA 2	08:30 - 09:20 Cycling Virtual SALA 2	08:30 - 09:20 Body Combat SALA 3			09:15 - 10:05 Cycling Virtual SALA 3
10:00			09:30 - 10:20 Cycling Virtual SALA 2	09:30 - 10:20 Cycling Virtual SALA 2 09:30 - 10:20 Body Balance SALA 3	09:30 - 10:20 Cycling Virtual SALA 2 09:30 - 10:20 Body Balance SALA 3		10:00 - 10:50 Body Combat SALA 3
11:00	10:30 - 11:20 Cycling Virtual SALA 2	10:30 - 11:20 Body Balance SALA 3	10:30 - 11:20 Cycling Virtual SALA 2 10:30 - 11:20 Body Combat SALA 3	10:30 - 11:20 Cycling Virtual SALA 2	10:30 - 11:20 Cycling Virtual SALA 2	10:00 - 10:50 Cycling Virtual SALA 2	11:00 - 11:50 Body Balance SALA 3
12:00		11:30 - 12:20 Cycling Virtual SALA 2	11:30 - 12:20 Body Balance SALA 3	11:30 - 12:20 Cycling Virtual SALA 2 11:30 - 12:20 Body Balance SALA 3	11:30 - 12:20 Body Combat SALA 3	12:00 - 12:50 Cycling Virtual SALA 3 12:00 - 12:50 Body Combat SALA 3	12:00 - 12:50 Cycling Virtual SALA 2
13:00	12:30 - 13:20 Cycling Virtual SALA 2			13:30 - 14:20 Body Balance SALA 3		13:00 - 13:50 Body Balance SALA 3	13:00 - 13:50 Body Balance SALA 3
14:00		13:30 - 14:20 Cycling Virtual SALA 2	13:30 - 14:20 Cycling Virtual SALA 2 13:30 - 14:20 Body Balance SALA 3		13:30 - 14:20 Cycling Virtual SALA 2		
15:00	14:00 - 14:50 Cycling Virtual SALA 2			15:30 - 16:20 Cycling Virtual SALA 2		15:30 - 16:20 Cycling Virtual SALA 2	
16:00	15:30 - 16:20 Cycling Virtual SALA 2	15:30 - 16:20 Body Balance SALA 3	15:30 - 16:20 Body Combat SALA 3	15:30 - 16:20 Body Balance SALA 3	15:30 - 16:20 Cycling Virtual SALA 2	16:30 - 17:20 Body Combat SALA 3	
17:00	16:30 - 17:20 Cycling Virtual SALA 2 16:30 - 17:20 Body Balance SALA 3	16:30 - 17:20 Cycling Virtual SALA 2	16:30 - 17:20 Cycling Virtual SALA 2	16:30 - 17:20 Cycling Virtual SALA 2 16:30 - 17:20 Body Combat SALA 3	16:30 - 17:20 Cycling Virtual SALA 2		
18:00	17:30 - 18:20 Cycling Virtual SALA 2	17:30 - 18:20 Cycling Virtual SALA 2	17:30 - 18:20 Body Balance SALA 3	17:30 - 18:20 Cycling Virtual SALA 2		17:30 - 18:20 Body Balance SALA 3	
19:00		18:30 - 19:20 Cycling Virtual SALA 2 18:30 - 19:20 Body Combat SALA 3	18:30 - 19:20 Cycling Virtual SALA 2	18:30 - 19:20 Cycling Virtual SALA 2	18:30 - 19:20 Body Combat SALA 3	18:30 - 19:20 Cycling Virtual SALA 2	
20:00	19:30 - 20:20 Cycling Virtual SALA 2	19:30 - 20:20 Body Balance SALA 3	19:30 - 20:20 Cycling Virtual SALA 2 19:30 - 20:20 Body Combat SALA 3	19:30 - 20:20 Body Balance SALA 3	19:30 - 20:20 Cycling Virtual SALA 2		
21:00	20:30 - 21:20 Body Combat SALA 3 21:30 - 22:20 Body Balance SALA 3	20:30 - 21:20 Body Combat SALA 3		20:30 - 21:20 Cycling Virtual SALA 2 20:30 - 21:20 Body Combat SALA 3	20:30 - 21:20 Body Combat SALA 3		