



Enamora't, emociona't

#bategaAcornella

PELL VIRTUAL: HORARI D'ACTIVITATS DIRIGIDES A PARTIR 26 ABRIL 2025*

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
		D/E		D/E		D/E		D/E		D/E		D/E		D/E
07:10h	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC				
07:30h			BODYBALANCE VIRTUAL	55' S1			BODYBALANCE VIRTUAL	55' S1	DANCE VIRTUAL	45' S1				
08:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC				
08:10h											DANCE VIRTUAL	45' S1		
											CYCLING VIRTUAL	45' SC		
08:30h			DANCE VIRTUAL	45' S1			DANCE VIRTUAL	45' S1						
09:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
09:10h													DANCE VIRTUAL	45' S1
													CYCLING VIRTUAL	45' SC
10:00h	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC
11:00h	CYCLING VIRTUAL	45' SC							CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC
12:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC				
12:30h	BODYBALANCE VIRTUAL	55' S1	DANCE VIRTUAL	45' S1	BODYBALANCE VIRTUAL	55' S1	DANCE VIRTUAL	45' S1						
13:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC
13:30h											BODYBALANCE VIRTUAL	55' S1		
14:00h	CYCLING VIRTUAL	45' SC							CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
14:30h											DANCE VIRTUAL	45' S1		
15:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC		
15:30h											BODYBALANCE VIRTUAL	55' S1		
16:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC					CYCLING VIRTUAL	45' SC		
16:30h											DANCE VIRTUAL	45' S1		
17:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
17:30h											BODYBALANCE VIRTUAL	55' S1		
18:00h			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC		
18:30h											DANCE VIRTUAL	45' S1		
19:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
19:15h			DANCE VIRTUAL	45' S1			DANCE VIRTUAL	45' S1						
20:00h			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC						
20:15h	DANCE VIRTUAL	45' S1			DANCE VIRTUAL	45' S1			DANCE VIRTUAL	45' S1				
21:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC				
21:15h	BODYBALANCE VIRTUAL	30' S1	DANCE VIRTUAL	30' S1	BODYBALANCE VIRTUAL	30' S1	DANCE VIRTUAL	30' S1	BODYBALANCE VIRTUAL	30' S1				

BOX: PELL BOX PAV: PAVELLÓ PISC: PISCINA INTERIOR S1: SALA AADD SC: SALA CYCLING

*El centre es reserva el dret de variar les activitats oferides així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució. Activitats dirigides a partir de 14 anys, excepte Alta Intensitat a partir de 16 anys.

