



Enamora't, emociona't

#bategaAcornella

ACTIVITATS DIRIGIDES A PARTIR DEL 30 D'AGOST 2025 / HORARI PRESENCIAL I VIRTUAL

	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE		
		D/E			D/E			D/E			D/E			D/E			D/E			D/E	
07:10h	CYCLING	45'/SC					CYCLING	45'/SC					CYCLING	45'/SC							
07:15h	BODYPUMP	50'/S1		CYCLING	45'/S1		BODYBALANCE	50'/S1		CYCLING	45'/SC		BODYPUMP	50'/S1							
08:00h	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC							
08:10h																CYCLING	45'/SC				
08:15h	ABDOMINALS	30'/S1		TRX	30'/EXT		ABDOMINALS	30'/S1		TRX	30'/EXT		ABDOMINALS	30'/S1							
09:00h	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC				
09:10h																			CYCLING	45'/SC	
09:30h	BODYPUMP	50'/S1		ZUMBA	50'/S1		COND. TOTAL	50'/S1		DANCE	45'/S1		BODYPUMP	50'/S1		BODYBALANCE	50'/S1				
	AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC							
10:00h				CYCLING	45'/SC					CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC	
10:30h	CYCLING	45'/SC		BODYBALANCE	50'/S1		CYCLING	45'/SC		BODYBALANCE	50'/S1		ZUMBA	50'/S1							
	AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAFIT	45'/PISC				
11:00h																			CROSS TRAINING	45'/EXT	
													CYCLING	45'/SC					CYCLING	45'/SC	
11:30h	ESTIRAMENTS	50'/S1		CYCLING	45'/SC		GIM GRAN	50'/S1		CYCLING	45'/SC		ESTIRAMENTS	50'/S1		CYCLING	45'/SC				
	AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC		AIGUAGIM	45'/PISC							
12:00h	CYCLING	45'/SC					CYCLING	45'/SC					CYCLING	45'/SC					CYCLING	45'/SC	
12:15h																ZUMBA	50'/S1				
13:00h	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC	
13:15h	TRX	30'/EXT					TRX	30'/EXT					TRX	30'/EXT							
14:00h	CYCLING	45'/SC		BODYPUMP	45'/S1		CYCLING	45'/SC		BODYPUMP	45'/S1		CROSS TRAINING	45'/EXT							
				CYCLING	45'/SC					CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC				
15:00h	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC					CYCLING	45'/SC				
15:15h	BODYPUMP	45'/S1		GAC	45'/S1		CROSS TRAINING	45'/EXT		COND. TOTAL	45'/S1		CYCLING	45'/SC							
16:00h	AIGUA TRAINING	45'/PISC		CROSS TRAINING	45'/EXT		BODYBALANCE	50'/S1		CROSS TRAINING	45'/EXT		BODYPUMP	50'/S1							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC				
17:00h	COND. TOTAL	50'/S1		GAC	50'/S1		BODYPUMP	50'/S1		BODYBALANCE	50'/S1		COND. TOTAL	50'/S1							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC				
18:00h	BODYBALANCE	50'/S1		ZUMBA	50'/S1		STEP	50'/S1		DANCE	45'/S1		DANCE	45'/S1							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC				
19:00h	DANCE	45'/S1		BODYPUMP	50'/S1		ZUMBA	50'/S1		GAC	50'/S1		STEP	50'/S1		CYCLING	45'/SC				
	AIGUAFIT	45'/PISC		AIGUAFIT	45'/PISC		AIGUAFIT	45'/PISC		AIGUAFIT	45'/PISC		AIGUAFIT	45'/PISC							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC							
20:00h	BODYPUMP	50'/S1		DANCE	45'/S1		BODYBALANCE	50'/S1		ZUMBA	50'/S1		BODYPUMP	50'/S1							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC							
21:00h	COND. TOTAL	45'/S1		BODYBALANCE	45'/S1		GAC	45'/S1		BODYPUMP	45'/S1		AIGUA TRAINING	45'/PISC							
	CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC		CYCLING	45'/SC							

EXT: BOX EXTERIOR * 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.

CARDIOVASCULARS

COREOGRAFIADES

TONIFICACIÓ MUSCULAR

COS&MENT

AQUÀTIQUES

VIRTUALS

Activitats dirigides a partir de 14 anys, excepte les marcades amb a partir de 16 anys.