



Enamora't, emoció'nat

#bategaAcornella

ACTIVITATS DIRIGIDES A PARTIR DEL 20 D'OCTUBRE 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	BODYPUMP	50'/S1	CYCLING	45'/SC	BODYPUMP	50'/S1	CYCLING	45'/SC	CROSS TRAINING	45'/BOX				
	CYCLING	45'/SC			CYCLING	45'/SC			CYCLING	45'/SC				
07:30h	ABDOMINALS	30'/BOX	BODYBALANCE	55'/S1	ABDOMINALS	30'/BOX	BODYBALANCE	55'/S1	BODYPUMP	45'/S1				
08:00h			HBX FUSION	30'/BOX			HBX BOXING	30'/BOX	ESTIRAMENTS	30'/BOX				
	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC				
08:10h	ABDOMINALS	15'/S1			ABDOMINALS	15'/S1					BODYPUMP	45'/S1		
											CYCLING	45'/SC		
08:30h	BODYBALANCE	50'/S1	BODYPUMP	45'/S1	GAC	30'/S1	BODYPUMP	45'/S1	BODYBALANCE	50'/S1				
08:45h			CROSS TRAINING	30'/BOX			CROSS TRAINING	30'/BOX						
09:00h	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	BODYBALANCE	50'/S1		
											CYCLING	45'/SC		
09:10h													BODYPUMP	45'/S1
													CYCLING	45'/SC
09:30h	ZUMBA	50'/PAV	BODYBALANCE	50'/S1	ZUMBA	50'/PAV	COND. TOTAL	50'/S1	ZUMBA	50'/PAV				
	HBX BOXING	45'/BOX												
	AIGUAGIM	45'/PISC	AQUADYNAMIC	45'/PISC	AIGUAGIM	45'/PISC	AQUADYNAMIC	45'/PISC	AIGUAGIM	45'/PISC				
10:00h											BODYPUMP	50'/S1	HBX BOXING	45'/BOX
	CYCLING	45'/SC			CYCLING	45'/SC			CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC
													BODYBALANCE	45'/SC
10:30h	BODYPUMP	50'/S1	CYCLING	45'/SC	HBX BOXING	45'/BOX	CYCLING	45'/SC	BODYPUMP	50'/S1				
	GAC	50'/BOX												
	AQUADYNAMIC	45'/PISC	AIGUAGIM	45'/PISC	AQUADYNAMIC	45'/PISC	AIGUAGIM	45'/PISC	AQUADYNAMIC	45'/PISC				
11:00h											AIGUAFIT	45'/PISC	CROSS TRAINING	45'/BOX
	CYCLING	45'/SC			CYCLING	45'/SC			CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC
											BODYBALANCE	45'/SC	BODYPUMP	45'/S1
11:30h	HBX BOXING	45'/BOX	CROSS TRAINING	45'/BOX	COND. TOTAL	50'/S1	HBX FUSION	45'/BOX	ESTIRAMENTS	50'/BOX				
12:00h	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC
											BODYPUMP	55'/S1	BODYBALANCE	55'/S1
12:30h	BODYBALANCE	55'/S1	BODYPUMP	55'/S1	BODYBALANCE	55'/S1	BODYPUMP	55'/S1	BODYBALANCE	55'/S1				
13:00h	CYCLING	45'/SC	CYCLING	45'/SC			CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC
													BODYPUMP	55'/S1
13:30h	HBX BOXING	45'/BOX	HBX FUSION	30'/BOX	CYCLING	45'/SC	HBX BOXING	30'/BOX	HBX FUSION	45'/BOX	BODYBALANCE	55'/S1		
14:00h			CYCLING	45'/SC			CYCLING	45'/SC						
	CYCLING	45'/SC							CYCLING	45'/SC	CYCLING	45'/SC		
14:15h	HBX FUSION	30'/BOX			HBX BOXING	30'/BOX			CROSS TRAINING	30'/BOX				
14:30h											BODYPUMP	55'/S1		
14:45h	BODYPUMP	45'/S1	BODYBALANCE	45'/S1	BODYPUMP	45'/S1	ZUMBA	45'/S1	BODYBALANCE	45'/S1				
15:00h	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC			CYCLING	45'/SC		
15:30h	HBX BOXING	45'/BOX	ZUMBA	45'/S1	HBX FUSION	45'/BOX	BODYPUMP	45'/S1	CYCLING	45'/SC	BODYBALANCE	55'/S1		
16:00h	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC					CYCLING	45'/SC		
16:15h	BODYBALANCE	45'/S1	GAC	45'/BOX	BODYBALANCE	45'/S1	CYCLING	45'/SC	CROSS TRAINING	45'/BOX				
16:30h											BODYPUMP	55'/S1		
17:00h	COND. TOTAL	50'/S1	BODYBALANCE	50'/S1	GAC	50'/S1	BODYBALANCE	50'/S1	GAC	50'/S1				
	CROSS TRAINING	45'/BOX	HBX FUSION	45'/BOX	CROSS TRAINING	45'/BOX	HBX BOXING	45'/BOX	HBX BOXING	45'/BOX				
	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC		
17:30h											BODYBALANCE	55'/S1		
18:00h	ZUMBA	50'/S1	BODYPUMP	50'/S1	ZUMBA	50'/S1	BODYPUMP	50'/S1	ZUMBA	50'/S1				
	CYCLING	45'/SC	HBX BOXING	45'/BOX	CYCLING	45'/SC	HBX FUSION	45'/BOX	CYCLING	45'/SC				
			CYCLING	45'/SC			CYCLING	45'/SC			CYCLING	45'/SC		
18:30h											BODYPUMP	55'/S1		
19:00h	BODYPUMP	50'/S1	HBX BOXING	45'/BOX	BODYPUMP	50'/S1	HBX BOXING	45'/BOX	BODYBALANCE	50'/S1				
	AQUADYNAMIC	45'/PISC	AQUADYNAMIC	45'/PISC	AIGUAFIT	45'/PISC	AQUADYNAMIC	45'/PISC	AQUADYNAMIC	45'/PISC				
	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC		
			BODYBALANCE	45'/S1			BODYBALANCE	45'/S1						
20:00h	CYCLING	45'/SC	ZUMBA	50'/S1	CYCLING	45'/SC	ZUMBA	50'/S1	CYCLING	45'/SC				
	CROSS TRAINING	45'/BOX	CROSS TRAINING	45'/BOX	CROSS TRAINING	45'/BOX	CROSS TRAINING	45'/BOX	HBX BOXING	45'/BOX				
	BODYBALANCE	45'/S1	CYCLING	45'/SC	BODYBALANCE	45'/S1	CYCLING	45'/SC	BODYPUMP	45'/S1				
21:00h	HBX FUSION	45'/BOX	AIGUAFITMAT	45'/PISC	HBX BOXING	45'/BOX	AIGUAFITMAT	45'/PISC	CROSS TRAINING	45'/BOX				
	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC	CYCLING	45'/SC				
	BODYPUMP	30'/S1	BODYBALANCE	30'/S1	BODYPUMP	30'/S1	BODYBALANCE	30'/S1	BODYBALANCE	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.



CARDIOVASCULARS

COREOGRAFIADES

TONIFICACIÓ MUSCULAR

COS&MENT

AQUÀTIQUES

VIRTUALS

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