



Enamora't, emociona't

#bategaAcornella

ACTIVITATS DIRIGIDES A PARTIR DEL 13 D'ABRIL 2026 / 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	GAC 🟠	30'/S1	CROSS TRAINING 🟠	45'/EXT	GAC 🟠	30'/S1	CROSS TRAINING 🟠	45'/EXT	ESTIRAMENTS 🟢	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	BODYBALANCE 🟢	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	CROSS TRAINING 🟠	45'/EXT	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	BODYBALANCE 🟢	50'/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				
	AIGUAFIT 🟢	45'/PISC	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	ESTIRAMENTS 🟢	45'/EXT				
	CYCLING 🟢	45'/SC	CYCLING 🟢	45'/SC	CYCLING 🟢	45'/SC	CYCLING 🟢	45'/SC	CYCLING 🟢	45'/S1				

CARDIOVASCULARS

COREOGRAFIADES

TONIFICACIÓ MUSCULAR

COS&MENT

AQUÀTIQUES

VIRTUALS

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

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.