



Enamora't, emociona't

#bategaAcornella

PELL: HORARI D'ACTIVITATS DIRIGIDES A PARTIR 3 GENER*

	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	SPINNING	45' SPIN	BODYPUMP	50' S1	SPINNING	45' SPIN	CROSS TRAINING	45' BOX				
07:30h	ABDOMINALS	30' BOX			ABDOMINALS	30' BOX								
08:00h			HBX FUSION	30' BOX			HBX BOXING	30' BOX	ESTIRAMENTS	30' BOX				
08:10h	ABDOMINALS	15' S1			ABDOMINALS	15' S1								
08:30h	BODYBALANCE	50' S1			GAC	30' S1			BODYBALANCE	50' S1				
08:45h			CROSS TRAINING	30' BOX			CROSS TRAINING	30' BOX						
09:00h											BODYBALANCE	50' S1		
09:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
	ZUMBA	50' PAV	BODYBALANCE	50' S1	DANCE	45' S1	COND. TOTAL	50' S1	ZUMBA	50' S1				
	HBX BOXING	45' BOX												
10:00h										BODYPUMP	50' S1	HBX BOXING	45' BOX	
10:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
	BODYPUMP	50' S1	SPINNING	45' SPIN	HBX BOXING	45' BOX	SPINNING	45' SPIN	BODYPUMP	50' S1				
	GAC	50' BOX												
11:00h										AIGUAFIT	45' PISC	CROSS TRAINING	45' BOX	
11:30h	HBX BOXING	45' BOX	CROSS TRAINING	45' BOX	COND. TOTAL	50' S1	HBX FUSION	45' BOX	ESTIRAMENTS	50' BOX				
12:00h										SPINNING	45' SPIN	SPINNING	45' SPIN	
13:30h	HBX BOXING	45' BOX	HBX FUSION	30' BOX	SPINNING	45' SPIN	HBX BOXING	30' BOX	HBX FUSION	45' BOX				
14:00h			SPINNING	45' SPIN			SPINNING	45' SPIN						
14:15h	HBX FUSION	30' BOX			HBX BOXING	30' BOX			CROSS TRAINING	30' BOX				
14:45h	BODYPUMP	45' S1	BODYBALANCE	45' S1	BODYPUMP	45' S1	DANCE	45' S1	BODYBALANCE	45' S1				
15:30h	HBX BOXING	45' BOX	DANCE	45' S1	HBX FUSION	45' BOX	BODYPUMP	45' S1	SPINNING	45' SPIN				
16:15h	BODYBALANCE	45' S1	GAC	45' BOX	BODYBALANCE	45' S1	SPINNING	45' SPIN	CROSS TRAINING	45' BOX				
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				
18:00h	BODYBALANCE	50' S1	BODYPUMP	50' S1	DANCE	45' S1	BODYPUMP	50' S1	DANCE	45' S1				
	SPINNING	45' SPIN	HBX BOXING	45' BOX	SPINNING	45' SPIN	HBX FUSION	45' BOX	SPINNING	45' SPIN				
19:00h	BODYPUMP	50' S1	HBX BOXING	45' BOX	BODYBALANCE	50' S1	HBX BOXING	45' BOX	BODYBALANCE	50' S1				
	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC				
	DANCE	45' BOX			CROSS TRAINING	45' BOX			HBX FUSION	45' BOX				
20:00h	SPINNING	45' SPIN	ZUMBA	50' S1	SPINNING	45' SPIN	ZUMBA	50' S1	SPINNING	45' SPIN				
	CROSS TRAINING	45' BOX	CROSS TRAINING	45' BOX	CROSS TRAINING	45' BOX	CROSS TRAINING	45' BOX	HBX BOXING	45' BOX				
21:00h	HBX FUSION	45' BOX	AIGUATRaining	45' PISC	HBX BOXING	45' BOX	AIGUATRaining	45' PISC	CROSS TRAINING	45' BOX				

BALLA
 EQUILIBRA'T
 DESAFIA'T
 MULLA'T
 SUPERA'T
 PEDALEJA

Activitats dirigides a partir de 14 anys, excepte Alta Intensitat a partir de 16 anys.



PROCORNELLÀ



Ajuntament de Cornellà de Llobregat

BOX: PELL BOX PAV: PAVELLÓ PISC: PISCINA INTERIOR S1: SALA AADD SPIN: SALA SPINNING • INTENSITAT: BAIXA MITJANA ALTA

*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.