

FORUS LUGO

De lunes a viernes: de 7:00h a 23:00h
Sábados domingos y festivos: de 9:00h a 21:00h

CORPO E MENTE

DANÇA

ENTRENA +

AQUÁTICAS

JÚNIOR Y FAMILIA

CLUB DEPORTIVO

TONIFICAÇÃO

SÉNIOR

CARDIOVASCULAR

RAQUETE



HORA	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO	HORA
07:15		ZF FUNCIONAL	S1 GAP	S2 YOGA	S1 BODY PUMP			07:15
07:45		IW INDOOR WALKING						07:45
08:00	SC CICLO							08:00
08:15				IW INDOOR WALKING				08:15
09:00	S1 BODY PUMP			S1 BODY PUMP	IW INDOOR WALKING			09:00
09:15	IW INDOOR WALKING							09:15
09:15	S2 ZUMBA	S1 GAP	S2 PILATES	S2 SH'BAM			S1 CXWORX	09:15
09:30		S2 PILATES	S1 BODY PUMP	SC CICLO	S1 ZUMBA	SC CICLO		09:30
09:45		EX FORUS RUNNERS	SC CICLO		S2 BODY BALANCE		IW INDOOR WALKING	09:45
10:00	S1 BODY COMBAT							10:00
10:00	PI AQUAFITNESS			S1 BODY COMBAT		S2 PILATES		10:00
10:15	SC CICLO	PI AQUAFITNESS	S2 BODY BALANCE	S2 COSTAS SAUDÁVEIS			S2 YOGA	10:15
10:15		S1 BODY COMBAT						10:15
10:30	S2 YOGA	S2 COSTAS SAUDÁVEIS	S1 ZUMBA	IW INDOOR WALKING	SC CICLO	S1 BODY PUMP		10:30
10:30					S1 BODY COMBAT			10:30
10:45					S2 HIPOPRESIVOS		S1 ZUMBA	10:45
10:45			PI AQUAFITNESS					10:45
11:00	S1 OLEFIT				PI AQUAFITNESS	S2 BODY BALANCE		11:00
11:15							SC CICLO	11:15
11:15	EX PADEL FREE	S1 SH'BAM		S2 PILATES			S5 BALANCE FAMILY	11:15
11:30	S2 PILATES	SC CICLO	S1 BODY COMBAT	PI AQUAFITNESS	S1 BODY PUMP	IW INDOOR WALKING		11:30
11:30						PI AQUA FAMILY		11:30
11:45			IW INDOOR WALKING				S1 BODY PUMP	11:45
12:00						ZF ABDOMINAIS		12:00
12:15		S1 BODY PUMP		S2 MÃES E BEBÉS			S5 DINAMIZACIÓN	12:15
12:30						SC CICLO	S2 PILATES	12:30
12:30						S1 ZUMBA		12:30
12:30						S5 SPORT FAMILY		12:30
12:45							PI AQUASPORTKIDS 8-11	12:45
12:45							S1 BODY COMBAT	12:45
14:15	SC CICLO							14:15
14:30		S1 BODY PUMP	S1 CXWORX					14:30
14:45				ZF FUNCIONAL				14:45
16:45			S5 BODY GAMES 4-7					16:45
17:00	S5 SH'BAM KIDS 8-11							17:00
17:00	IW INDOOR WALKING	S5 GYM GAMES 4-7		S5 GYM KIDS 8-11	PI AQUA GAMES 4-7			17:00
17:15		SC CICLO				PI AQUASPORTKIDS 8-11		17:15
17:30	S2 GRÁVIDAS		SC CICLO			SC CICLO		17:30
17:45	SC CICLO	S1 FITNESS	S5 YOGA KIDS 8-11	IW INDOOR WALKING				17:45
17:45			S2 PILATES	S2 PILATES	S1 CXWORX			17:45
18:00	S5 EXPRESSION GAMES 4-7	S5 SPORT KIDS 8-11		PI AQUA GAMES 4-7	S5 YOGA KIDS 8-11			18:00
18:00		S2 BODY BALANCE		S1 BODY COMBAT				18:00
18:15	S1 BODY PUMP		S1 B. ATTACK		IW INDOOR WALKING	S5 DINAMIZACIÓN		18:15
18:15					S1 B. ATTACK			18:15
18:30	S2 HIPOPRESIVOS	IW INDOOR WALKING	IW INDOOR WALKING			S1 BODY PUMP		18:30
18:45	IW INDOOR WALKING	S1 ZUMBA	S2 BODY BALANCE	S2 YOGA	S2 BODY BALANCE	S5 CROSS MIX 4-11		18:45
19:00		PI AQUAFITNESS						19:00
19:00		S2 YOGA		S1 ZUMBA				19:00
19:00		EX PADEL FREE						19:00
19:15	S1 SH'BAM		PI FORUS SWIMMERS	SC CICLO	S1 ZUMBA			19:15
19:15			S1 GAP					19:15
19:30					ZF FUNCIONAL			19:30
19:30	S2 PILATES							19:30
19:30	PI AQUAFITNESS	SC CICLO						19:30
19:45	SC CICLO	S1 BODY PUMP	S2 SH'BAM	S2 BODY BALANCE	S2 PILATES			19:45
20:00				S1 BODY PUMP				20:00
20:00	IW INDOOR WALKING	S2 PILATES	SC CICLO	EX PADEL FREE	SC CICLO			20:00
20:15			ZF FUNCIONAL	IW INDOOR WALKING				20:15
20:15	S1 BODY COMBAT		S1 STEP	PI AQUAFITNESS	S1 BODY PUMP			20:15
20:15			PI AQUAFITNESS					20:15
20:30	PI FORUS SWIMMERS	EX FORUS RUNNERS						20:30
20:30	S2 BODY BALANCE	IW INDOOR WALKING						20:30
20:45			IW INDOOR WALKING					20:45
20:45		S1 BODY COMBAT	S2 YOGA					20:45
21:00	SC FORUS BIKERS	S2 OLEFIT		EX FORUS RUNNERS				21:00
21:15	S1 STEP		S1 BODY PUMP	SC CICLO				21:15
21:30	S2 YOGA							21:30
21:30		SC CICLO						21:30
21:45		S1 GAP						21:45