

HORARIO FORUS FLOTA



Kids

| 2ª FEIRA | | | 3ª FEIRA | | | 4ª FEIRA | | | 5ª FEIRA | | | 6ª FEIRA | | | SÁBADO | | | DOMINGO | | |
|----------|----|------------------|----------|----|----------------------|----------|----|------------------|----------|----|----------------------|----------|----|------------------|--------|----|------------------|---------|----|--------------------|
| 07:15 | S1 | FITNESS | 07:15 | SC | CICLO | 07:15 | S1 | GAP | 07:15 | SC | CICLO | 07:15 | S1 | B. PUMP | 09:15 | S1 | GAP | 09:15 | S2 | B. BALANCE |
| 07:45 | SI | I. WALKING | 07:30 | S2 | YOGA | 08:00 | S2 | YOGA | 08:00 | S1 | B. PUMP | 08:30 | S2 | B. BALANCE | 09:15 | SI | I. WALKING | 09:15 | SC | CICLO |
| 08:30 | S1 | EN FORMA | 08:15 | S1 | B. PUMP | 08:15 | SC | CICLO | 08:15 | S2 | ESPALDA SANA | 08:45 | S1 | CXWORX | 09:30 | SC | CICLO | 09:15 | SI | I. WALKING |
| 08:45 | S2 | PILATES | 08:30 | SI | I. WALKING | 08:15 | S5 | FORUS EXPERIENCE | 09:00 | S1 | OLEFIT | 08:45 | SI | I. WALKING | 09:30 | S2 | YOGA | 10:00 | S1 | B. PUMP |
| 08:45 | SC | I. WALKING | 08:30 | S2 | ESPALDA SANA | 09:00 | S2 | PILATES | 09:15 | PI | AQUAFITNESS | 09:15 | SC | CICLO | 10:00 | EX | FORUS RUNNERS | 10:00 | PB | CROSS FAMILY |
| 09:00 | EX | PÁDEL FREE | 09:15 | S1 | ZUMBA | 09:00 | EX | FORUS RUNNERS | 09:15 | S2 | B. BALANCE | 09:15 | SI | EN FORMA | 10:15 | S1 | B. ATTACK | 10:15 | S2 | SH'BAM |
| 09:30 | S5 | QUEENAX PILATES | 09:15 | PI | AQUAFITNESS | 09:15 | S1 | B. PUMP | 09:30 | SI | I. WALKING | 09:30 | PI | AQUAFITNESS | 10:15 | S2 | PILATES | 10:30 | SC | CICLO |
| 09:30 | S1 | B. COMBAT | 09:30 | SC | CICLO | 09:15 | SI | I. WALKING | 09:45 | SC | CICLO | 09:30 | S2 | HIPOPRESIVOS | 10:30 | SC | CICLO | 11:00 | S1 | B. COMBAT |
| 09:30 | PI | AQUADYNAMIC | 09:30 | S2 | PILATES | 09:30 | PI | AQUADYNAMIC | 10:00 | S1 | B. PUMP | 09:45 | S5 | QUEENAX PILATES | 11:00 | PB | SPORT FAMILY | 11:00 | SI | I. WALKING |
| 09:45 | S2 | YOGA | 09:30 | EX | FORUS RUNNERS | 10:00 | SC | CICLO | 10:15 | S2 | YOGA | 10:15 | SI | ZUMBA | 11:15 | S1 | B. PUMP | 11:15 | S5 | FORUS EXPERIENCE |
| 09:45 | SC | CICLO | 10:15 | S1 | B. ATTACK | 10:00 | S2 | ABDOMINALES | 10:15 | S5 | QUEENAX PILATES | 10:30 | S2 | ABDOMINALES | 11:30 | SI | I. WALKING | 11:30 | S2 | CXWORX |
| 10:30 | SI | I. WALKING | 10:15 | PI | AQUADYNAMIC | 10:15 | S1 | B. COMBAT | 10:30 | PI | FORUS SWIMMERS | 10:30 | SI | I. WALKING | 11:30 | S2 | CXWORX | 12:00 | S2 | YOGA |
| 10:30 | S1 | B. PUMP | 10:30 | S2 | YOGA | 10:30 | S2 | B. BALANCE | 10:45 | SI | I. WALKING | 10:30 | EX | PÁDEL FREE | 12:00 | SC | CICLO | 12:00 | S1 | GAP |
| 10:45 | S2 | PILATES | 10:30 | SI | I. WALKING | 10:30 | SI | I. WALKING | 11:00 | S1 | SH'BAM | 11:00 | S2 | PILATES | 12:15 | S2 | B. BALANCE | 12:00 | SC | CICLO |
| 11:30 | S1 | SH'BAM | 11:15 | PI | AQUAFITNESS | 11:00 | PI | AQUAFITNESS | 11:15 | S2 | ABDOMINALES | 11:00 | PI | AQUADYNAMIC | 12:30 | S1 | ZUMBA | 12:30 | PB | DINAMIZACIÓN |
| 11:30 | SC | CICLO | 11:15 | S1 | EN FORMA | 11:00 | PI | EN FORMA | 11:30 | SC | CICLO | 11:15 | SI | B. PUMP | 13:15 | PI | AQUAFITNESS | 13:00 | SI | I. WALKING |
| 11:30 | PI | AQUAFITNESS | 11:30 | S2 | B. BALANCE | 11:30 | S2 | PILATES | 11:30 | PI | AQUADYNAMIC | 11:30 | CI | FORUS BIKERS | 18:00 | S2 | BALANCE MIX 4-11 | 13:00 | S1 | B. ATTACK |
| 11:30 | S5 | FORUS EXPERIENCE | 11:45 | SC | CICLO | 12:15 | S1 | ZUMBA | 11:45 | S2 | PILATES | 12:00 | S2 | YOGA | 18:15 | S1 | B. PUMP | 13:00 | S2 | PILATES |
| 11:45 | S2 | CXWORX | 14:30 | SI | GAP | 12:30 | PI | AQUADYNAMIC | 12:00 | S1 | B. ATTACK | 12:15 | S1 | COMBAT BASIC | 19:00 | S2 | DINAMIZACIÓN | 13:00 | PI | AQUASPORT MIX 4-11 |
| 12:15 | S2 | B. BALANCE | 14:45 | S1 | I. WALKING | 14:30 | S2 | YOGA | 12:45 | PI | AQUAFITNESS | 14:30 | S5 | ABDOMINALES | 19:15 | SC | CICLO | | | |
| 12:45 | PI | AQUAFITNESS | 16:30 | S1 | FITNESS | 14:45 | SC | CICLO | 14:30 | SI | I. WALKING | 15:00 | SC | CICLO 30' | 19:30 | S2 | MOVE FAMILY | | | |
| 14:30 | SC | CICLO | 17:00 | SC | CICLO | 17:00 | S1 | GAP | 15:00 | S1 | FITNESS | 16:15 | PI | AQUAFITNESS | | | | | | |
| 14:30 | S1 | B. PUMP | 17:30 | S2 | HIPOPRESIVOS | 17:15 | S2 | PILATES | 16:30 | S2 | ESPALDA SANA | 17:00 | PI | AQUA GAMES 4-7 | | | | | | |
| 16:30 | SI | OLEFIT | 17:30 | PB | SPORT KIDS 8-11 | 17:30 | S5 | YOGA KIDS 8-11 | 16:30 | SI | I. WALKING | 17:15 | S2 | PILATES BASIC | | | | | | |
| 17:00 | S2 | PILATES | 17:45 | S1 | B. COMBAT | 18:00 | S1 | B. PUMP | 17:00 | S1 | ZUMBA | 17:15 | SI | I. WALKING | | | | | | |
| 17:30 | S1 | CXWORX | 18:00 | SP | EXPRESSION GAMES 4-7 | 18:15 | S2 | SH'BAM | 17:30 | S5 | GYM GAMES 4-7 | 17:30 | S1 | B. PUMP | | | | | | |
| 18:00 | SC | CICLO | 18:30 | S2 | ZUMBA | 18:30 | PB | SPORT KIDS 8-11 | 17:30 | S2 | ABDOMINALES | 17:45 | SC | OLEFIT | | | | | | |
| 18:00 | S1 | GAP | 18:30 | S2 | ZUMBA | 18:30 | SC | CICLO | 18:00 | S2 | PILATES | 18:00 | PB | SPORT KIDS 8-11 | | | | | | |
| 18:00 | S2 | B. BALANCE | 18:30 | PB | BODY GAMES 4-7 | 19:00 | S1 | B. ATTACK | 18:00 | SI | I. WALKING | 18:00 | S5 | ABDOMINALES | | | | | | |
| 18:00 | S5 | SH'BAM KIDS 8-11 | 18:45 | S1 | CXWORX | 19:00 | S5 | ABDOMINALES | 18:00 | PB | EXPRESSION GAMES 4-7 | 18:30 | S1 | ZUMBA | | | | | | |
| 18:15 | SI | I. WALKING | 18:45 | SI | I. WALKING | 19:15 | S2 | YOGA | 18:15 | S1 | B. PUMP | 18:30 | S5 | FORUS EXPERIENCE | | | | | | |
| 18:30 | PI | FORUS SWIMMERS | 19:00 | S5 | QUEENAX PILATES | 19:15 | SI | I. WALKING | 18:30 | S5 | SH'BAM KIDS 8-11 | 18:30 | SC | CICLO | | | | | | |
| 19:00 | SI | B. COMBAT | 19:00 | SC | CICLO | 19:30 | PI | AQUADYNAMIC | 18:30 | S5 | CICLO | 18:45 | S2 | YOGA | | | | | | |
| 19:00 | PB | SPORT GAMES 4-7 | 19:00 | PI | AQUADYNAMIC | 19:30 | EX | FORUS RUNNERS | 18:45 | SC | CICLO | 19:15 | SI | I. WALKING | | | | | | |
| 19:15 | SC | CICLO | 19:15 | S1 | B. PUMP | 19:30 | S5 | FORUS EXPERIENCE | 19:00 | PI | AQUAFITNESS | 19:30 | S1 | GAP | | | | | | |
| 19:15 | S2 | SH'BAM | 19:30 | S2 | PILATES | 19:30 | SC | CICLO | 19:00 | S2 | YOGA | 19:45 | PI | AQUAFITNESS | | | | | | |
| 19:15 | S5 | QUEENAX PILATES | 20:00 | PI | AQUAFITNESS | 20:00 | SI | ZUMBA | 19:15 | S1 | B. COMBAT | 19:45 | S2 | PILATES | | | | | | |
| 19:30 | SI | I. WALKING | 20:00 | EX | PÁDEL FREE | 20:15 | S1 | I. WALKING | 19:45 | SI | I. WALKING | 20:00 | SC | CICLO | | | | | | |
| 19:30 | PI | AQUAFITNESS | 20:00 | SI | I. WALKING | 20:15 | S2 | B. BALANCE | 20:00 | SC | CICLO | 20:00 | EX | PÁDEL FREE | | | | | | |
| 20:00 | S1 | ZUMBA | 20:00 | S5 | FORUS EXPERIENCE | 20:30 | PI | AQUAFITNESS | 20:00 | S2 | SH'BAM | 20:00 | PI | AQUADYNAMIC | | | | | | |
| 20:15 | S2 | YOGA | 20:15 | S1 | B. ATTACK | 20:30 | S5 | QUEENAX PILATES | 20:00 | PI | AQUADYNAMIC | 20:15 | S1 | CXWORX | | | | | | |
| 20:15 | S5 | ABDOMINALES | 20:15 | SC | CICLO | 20:30 | SC | CICLO | 20:15 | S1 | CXWORX | 20:30 | PI | FORUS SWIMMERS | | | | | | |
| 20:15 | SC | CICLO | 20:15 | EX | FORUS RUNNERS | 21:00 | S1 | CXWORX | 20:45 | SI | OLEFIT | 20:45 | S1 | FORUS EXPERIENCE | | | | | | |
| 20:30 | SI | I. WALKING | 20:30 | S2 | ABDOMINALES | 21:00 | EX | PÁDEL FREE | 20:45 | S5 | FORUS EXPERIENCE | 21:00 | S2 | B. BALANCE | | | | | | |
| 20:30 | PI | AQUADYNAMIC | 20:30 | PI | FORUS SWIMMERS | 21:15 | SI | I. WALKING | 21:00 | SC | CICLO | 21:00 | S2 | B. BALANCE | | | | | | |
| 20:30 | EX | RUNNERS AV | 21:00 | SI | I. WALKING | 21:15 | S2 | PILATES | 21:15 | SC | CICLO | | | | | | | | | |
| 20:45 | S5 | FORUS EXPERIENCE | 21:15 | S2 | YOGA | 21:30 | S1 | B. COMBAT | | | | | | | | | | | | |
| 21:00 | S1 | B. PUMP | 21:15 | S1 | SH'BAM | 21:30 | SC | CICLO | | | | | | | | | | | | |
| 21:15 | S2 | PILATES | 21:15 | SC | CICLO | | | | | | | | | | | | | | | |

De lunes a viernes: de 7:00h a 23:00h

Sábados: de 9:00h a 21:00h.

Domingos y festivos: de 09:00h a 15:00h