

HORARIO FORUS FLOTA



Corpo E Mente AQUÁTICAS Tonificação Cardiovascular Dança JÚNIOR Y FAMILIA Sénior Raquete Entrena + Club Deportivo Actividades Free

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	SI	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	SI	AQUAFITNESS	11:00	PI	AQUAFITNESS	11:15	S2	ABDOMINALES	11:00	SI	AQUADYNAMIC	12:30	S1	ZUMBA	12:30	PB	DINAMIZACIÓN
11:30	SC	CICLO	11:15	PI	EN FORMA	11:00	SI	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	SI	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	20:30	PI	FORUS SWIMMERS	20:45	SI	OLEFIT						
20:30	SI	I. WALKING	20:30	S2	ABDOMINALES	21:00	EX	PÁDEL FREE	20:45	S5	FORUS EXPERIENCE	20:45	S1	FORUS EXPERIENCE						
20:30	PI	AQUADYNAMIC	20:30	PI	FORUS SWIMMERS	21:15	SI	I. WALKING	21:00	S2	B. BALANCE	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