

HORÁRIO FORUS PORTO 2019-2020

2ª a 6ª: 7:00h - 22:30h

Sábados: 9:00h - 20:00h.

Domingos e feriados: 9:00h - 14:00h

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	SC CICLO	S1 BODY PUMP	S2 YOGA	S2 CROSS TRAINING	SC CICLO			07:15
08:15	S1 EM FORMA	PI AQUAFITNESS		PI AQUAFITNESS	S1 EM FORMA			08:15
08:30			S1 STEP					08:30
09:00				IW INDOOR WALKING				09:00
09:15	S2 PILATES	S2 BODY BALANCE	PI AQUAFITNESS	S2 BODY BALANCE	S2 YOGA			09:15
09:30	S1 ZUMBA		S2 PILATES					09:30
09:30	PI AQUAFITNESS	S1 GAP	SC CICLO	S1 ZUMBA	IW INDOOR WALKING	S1 BODY PUMP	SC CICLO	09:30
09:45			S1 BODY PUMP			S2 BODY BALANCE		09:45
10:00	IW INDOOR WALKING	SC CICLO		SC CICLO			S2 PILATES	10:00
10:15	S2 ABDOMINAIS	PI AQUAFITNESS	PI AQUAFITNESS	PI AQUAFITNESS	S2 PILATES	PI AQUAFITNESS		10:15
10:15		S2 YOGA		S2 YOGA				10:15
10:30	PI AQUAFITNESS	ZF FUNCIONAL	S2 ABDOMINAIS		PI AQUAFITNESS	SC CICLO	S1 BODY COMBAT	10:30
10:30	S1 BODY PUMP	S1 LATINO	IW INDOOR WALKING	S1 BODY PUMP	SC CICLO	S1 STEP	PI AQUAFITNESS	10:30
10:45	S2 YOGA		S1 BODY COMBAT		S1 LATINO	S2 SPORT FAMILY		10:45
11:00	SC CICLO	IW INDOOR WALKING	S2 BODY BALANCE				S2 CROSS FAMILY	11:00
11:15							IW INDOOR WALKING	11:15
11:30						IW INDOOR WALKING	S1 BODY PUMP	11:30
11:30						S1 ABDOMINAIS		11:30
11:45						S2 YOGA		11:45
12:00							S2 DINAMIZACIÓN	12:00
12:30							S2 SPORT FAMILY	12:30
12:45	S1 FITNESS	SC CICLO	S1 GAP	IW INDOOR WALKING	ZF FUNCIONAL			12:45
13:15					S1 ABDOMINAIS			13:15
15:00	S1 LATINO				S2 PILATES			15:00
15:15			S1 EM FORMA					15:15
16:00	PI AQUAFITNESS				PI AQUAFITNESS			16:00
16:15		S1 EM FORMA	PI AQUAFITNESS	S2 PILATES				16:15
17:00						S2 SPORT FAMILY		17:00
17:15		S1 STEP		S1 BODY PUMP	S2 EXPRESSION GAMES 4-7			17:15
17:30		S2 GYM KIDS 8-11	S2 GYM GAMES 4-7	S2 SPORT KIDS 8-11		SC CICLO		17:30
17:45	S2 SPORT GAMES 4-7	IW INDOOR WALKING	S1 BODY COMBAT		S1 ABDOMINAIS			17:45
18:00	S1 ZUMBA			SC CICLO	SC CICLO	S2 DINAMIZACIÓN		18:00
18:15	SC CICLO	S1 BODY PUMP		S1 BODY COMBAT	S1 BODY PUMP			18:15
18:15					S2 SH'BAM			18:15
18:30	ZF FUNCIONAL	S2 ABDOMINAIS	IW INDOOR WALKING	S2 BODY BALANCE		S1 BODY PUMP		18:30
18:30			S2 YOGA			S2 CROSS FAMILY		18:30
18:45	S2 BODY BALANCE	SC CICLO	S1 ABDOMINAIS					18:45
19:00	S1 BODY PUMP	S2 PILATES		IW INDOOR WALKING	PI AQUAFITNESS			19:00
19:00		ZF FUNCIONAL		PI AQUAFITNESS				19:00
19:00				ZF FUNCIONAL				19:00
19:15	IW INDOOR WALKING	S1 BODY COMBAT	PI AQUAFITNESS	S1 FITNESS	S1 BODY COMBAT			19:15
19:15	PI AQUAFITNESS	PI AQUAFITNESS	S1 ZUMBA		S2 PILATES			19:15
19:15			ZF FUNCIONAL		ZF FUNCIONAL			19:15
19:30				EX FORUS RUNNERS				19:30
19:30	EX FORUS RUNNERS		S2 BODY BALANCE	ZF ABDOMINAIS				19:30
19:30		SC CICLO	SC CICLO	S2 PILATES				19:30
19:45	S2 PILATES	IW INDOOR WALKING						19:45
20:00	S1 STEP	S2 ABDOMINAIS		SC CICLO				20:00
20:00	ZF ABDOMINAIS							20:00
20:15	SC CICLO	S1 GAP	S1 BODY PUMP	S1 STEP	IW INDOOR WALKING			20:15
20:15	PI AQUAFITNESS		PI AQUAFITNESS					20:15
20:30		S2 YOGA	S2 ABDOMINAIS	S2 CROSS TRAINING				20:30
20:45	S2 CROSS TRAINING							20:45

1. Empresa, atendendo a razões objetivas e avisando com a devida antecedência, reserva-se o direito de alterar, ampliar e cancelar as actividades.

2. O acesso às aulas está limitado de acordo com a idade. Consulta às normas de acesso as aulas na receção.