

# HORÁRIO FORUS PORTO 2019-2020



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

## 2ª FEIRA

07:15	SC	CICLO
08:15	S1	EN FORMA
09:15	S2	PILATES
09:30	PI	AQUAFITNESS
09:30	S1	ZUMBA
10:00	IW	I. WALKING
10:15	S2	ABDOMINALES
10:30	S1	B. PUMP
10:30	PI	AQUAFITNESS
11:00	S2	YOGA
11:00	SC	CICLO
12:45	S1	FITNESS
15:00	S1	LATINO
16:00	PI	AQUAFITNESS
17:45	S2	SPORT GAMES 4-7
18:00	S1	ZUMBA
18:15	SC	CICLO
18:30	ZF	FUNCIONAL
18:45	S2	B. BALANCE
19:00	S1	B. PUMP
19:15	IW	I. WALKING
19:15	PI	AQUAFITNESS
19:30	EX	FORUS RUNNERS
19:45	S2	PILATES
20:00	S1	STEP
20:00	ZF	ABDOMINALES
20:15	SC	CICLO
20:15	PI	AQUAFITNESS
20:45	S2	CROSS TRAINING

## 3ª FEIRA

07:15	S1	B. PUMP
08:15	PI	AQUAFITNESS
09:15	S2	B. BALANCE
09:30	S1	GAP
10:00	SC	CICLO
10:15	PI	AQUAFITNESS
10:15	S1	YOGA
10:30	S1	LATINO
10:30	ZF	FUNCIONAL
11:00	IW	I. WALKING
12:45	SC	CICLO
16:15	S1	EN FORMA
17:15	S1	STEP
17:30	S2	GYM KIDS 8-11
17:45	IW	I. WALKING
18:15	S1	B. PUMP
18:30	S2	ABDOMINALES
18:45	SC	CICLO
19:00	S2	PILATES
19:00	ZF	FUNCIONAL
19:15	S1	B. COMBAT
19:15	PI	AQUAFITNESS
19:45	IW	I. WALKING
20:00	S2	ABDOMINALES
20:15	S1	GAP
20:30	S2	YOGA

## 4ª FEIRA

07:15	S2	YOGA
08:30	S1	STEP
09:15	PI	AQUAFITNESS
09:30	SC	CICLO
09:30	S2	PILATES
09:45	S1	B. PUMP
10:15	PI	AQUAFITNESS
10:30	IW	I. WALKING
10:30	S2	ABDOMINALES
10:45	S1	B. COMBAT
11:00	S2	B. BALANCE
12:45	S1	GAP
15:15	S1	EN FORMA
16:15	PI	AQUAFITNESS
17:30	S2	GYM GAMES 4-7
17:45	S1	B. COMBAT
18:30	IW	I. WALKING
18:30	S2	YOGA
18:45	S1	ABDOMINALES
19:15	PI	AQUAFITNESS
19:15	S1	ZUMBA
19:15	ZF	FUNCIONAL
19:30	SC	CICLO
19:30	S2	B. BALANCE
20:15	S1	B. PUMP
20:15	PI	AQUAFITNESS
20:30	S2	ABDOMINALES

## 5ª FEIRA

07:15	S2	CROSS TRAINING
08:15	PI	AQUAFITNESS
09:00	IW	I. WALKING
09:15	S2	B. BALANCE
09:30	S1	ZUMBA
10:00	SC	CICLO
10:15	PI	AQUAFITNESS
10:15	S2	YOGA
10:30	S1	B. PUMP
12:45	IW	I. WALKING
16:15	S2	PILATES
17:15	S1	B. PUMP
17:30	S2	SPORT KIDS 8-11
18:00	SC	CICLO
18:15	S1	B. COMBAT
18:30	S2	B. BALANCE
19:00	IW	I. WALKING
19:00	PI	AQUAFITNESS
19:00	ZF	FUNCIONAL
19:15	S1	FITNESS
19:30	S2	PILATES
19:30	ZF	ABDOMINALES
19:30	EX	FORUS RUNNERS
20:00	SC	CICLO
20:15	S1	STEP
20:30	S2	CROSS TRAINING

## 6ª FEIRA

07:15	SC	CICLO
08:15	S1	EN FORMA
09:15	S2	YOGA
09:30	IW	I. WALKING
10:15	S2	PILATES
10:30	SC	CICLO
10:30	PI	AQUAFITNESS
10:45	S1	LATINO
12:45	ZF	FUNCIONAL
13:15	S1	ABDOMINALES
15:00	S2	PILATES
16:00	PI	AQUAFITNESS
17:15	S2	EXPRESSION GAMES 4-7
17:45	S1	ABDOMINALES
18:00	SC	CICLO
18:15	S1	B. PUMP
18:15	S2	SH'BAM
19:00	PI	AQUAFITNESS
19:15	S1	B. COMBAT
19:15	S2	PILATES
19:15	ZF	FUNCIONAL
20:15	IW	I. WALKING

## SÁBADO

09:30	S1	B. PUMP
09:45	S2	B. BALANCE
10:15	PI	AQUAFITNESS
10:30	S1	STEP
10:30	SC	CICLO
10:45	S2	SPORT FAMILY
11:30	IW	I. WALKING
11:30	S1	ABDOMINALES
11:45	S2	YOGA
17:00	SC	SPORT FAMILY
17:30	SC	CICLO
18:00	S2	DINAMIZACIÃO
18:30	S1	B. PUMP
18:30	S2	CROSS FAMILY

## DOMINGO

09:30	SC	CICLO
10:00	S2	PILATES
10:30	PI	AQUAFITNESS
10:30	S1	B. COMBAT
11:00	S2	CROSS FAMILY
11:15	IW	I. WALKING
11:30	S1	B. PUMP
12:00	S2	DINAMIZACIÃO
12:30	S2	SPORT FAMILY

2ª a 6ª: 7:00h - 22:30h

Sábados: 9:00h - 20:00h.

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

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.