

HORARIO FORUS ALCALA

De Lunes a viernes: de 07:00 a 23:00h

Sábados: de 09:00 a 23:00h

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

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15	S2 B. BALANCE	SC CICLO	SI I. WALKING	S1 B. ATTACK				07:15
08:15	SI I. WALKING	S1 B. PUMP	PI AQUAFITNESS	SC CICLO	S2 PILATES			08:15
08:45				PI AQUAFITNESS				08:45
09:00	SC CICLO			S1 AF-MAYORES				09:00
09:15	PI AQUADYNAMIC	SC CICLO						09:15
09:30		S2 YOGA						09:30
09:30	EX FORUS RUNNERS	S1 ABDOMINALES	S2 EN FORMA		S2 EN FORMA			09:30
09:30	S2 EN FORMA	PI AQUAFITNESS	SI I. WALKING	S2 SH'BAM	SC CICLO	SI I. WALKING	SI I. WALKING	09:30
09:45	S1 B. PUMP	SI I. WALKING	S1 SH'BAM	PI AQUADYNAMIC	S1 SH'BAM	S1 B. PUMP		09:45
09:45			EX RUNNERS AV					09:45
10:00				EX RUNNERS INI				10:00
10:00			PI AQUADYNAMIC	S1 B. PUMP				10:00
10:00	SI I. WALKING	S1 B. ATTACK	SC CICLO	SI I. WALKING	PI AQUADYNAMIC	S2 PILATES	S2 PILATES	10:00
10:15	PI AQUAFITNESS			SC CICLO			S1 SH'BAM	10:15
10:30	SC CXWORX	SC CICLO	S2 PILATES	S2 B. BALANCE	SC CICLO	SC CICLO	SC CICLO	10:30
10:30	SF FUNCIONAL	S2 B. BALANCE	S1 B. COMBAT	SF FUNCIONAL	S2 B. BALANCE			10:30
10:45	S1 SH'BAM	PI AQUADYNAMIC	SI I. WALKING	PI AQUAFITNESS	SI I. WALKING	S1 B. COMBAT		10:45
10:45					S1 CXWORX			10:45
11:00	SI I. WALKING	S1 ZUMBA	PI AQUAFITNESS	S1 B. COMBAT	PI AQUAFITNESS	S2 FAMILIAR	S2 B. BALANCE	11:00
11:00	S2 PILATES							11:00
11:15	PI AQUADYNAMIC							11:15
11:15	SC CICLO			SI I. WALKING	S1 B. ATTACK		S1 B. PUMP	11:15
11:30		SI I. WALKING	SI I. WALKING	S2 GAP	S2 ZUMBA	SI I. WALKING	SI I. WALKING	11:30
11:30		S2 PILATES	S2 ZUMBA					11:30
11:45	S1 B. COMBAT	PI AQUAFITNESS				S1 GAP		11:45
12:00	S2 ABDOMINALES	S1 GAP	PI AQUADYNAMIC	S1 ZUMBA	PI AQUADYNAMIC	S2 HIPOPRESIVOS	S2 HIPOPRESIVOS	12:00
12:00			SC CICLO 30'		SI I. WALKING BASIC			12:00
12:15					S1 B. PUMP		S1 ZUMBA	12:15
12:30								12:30
12:30	S2 ZUMBA		S2 SH. BALANCE	S2 PILATES	S2 YOGA	SC CICLO	SC CICLO	12:30
12:45						S1 ZUMBA		12:45
13:00		S1 HIPOPRESIVOS				S2 B. BALANCE		13:00
13:15								13:15
13:30					PI AQUAFITNESS			13:30
13:30					SI I. WALKING			13:30
14:00								14:00
14:15		S1 COMBAT-PUMP	SI B. ATTACK	S2 ZUMBA				14:15
14:30	SI I. WALKING	S2 PILATES	SC CICLO	SI I. WALKING	S1 B. PUMP			14:30
14:45	S1 PUMP 30'							14:45
15:15		SI I. WALKING 30'						15:15
16:30	S1 GAP	S2 PREDEPORTE 4-7	S2 FITNESS	S2 BAILE 4-7				16:30
16:45	S2 PILATES BASIC	S1 B. ATTACK		S1 HIPOPRESIVOS				16:45
17:00			S1 STEP		S1 ZUMBA +12			17:00
17:15	S2 BAILE 4-7	SI I. WALKING			SC CICLO BASIC			17:15
17:30	S1 COMBAT BASIC				SI I. WALKING			17:30
17:30	SI I. WALKING		S2 BAILE 4-7		S2 B. COMBAT			17:30
17:45	SC CICLO	S1 B. PUMP	SI INDOOR+12	S1 SH'BAM	SC CICLO			17:45
18:00	S1 ZUMBA +12		SC CICLO	SI I. WALKING	S1 B. ATTACK			18:00
18:00			S1 ZUMBA	SF FUNCIONAL				18:00
18:15								18:15
18:15	S2 B. BALANCE	SI I. WALKING			SI I. WALKING			18:15
18:30	SI I. WALKING	S2 PILATES	S2 B. BALANCE	S2 PILATES	S2 PILATES	S1 B. PUMP		18:30
18:30	SF FUNCIONAL	SC CICLO		SC CICLO+12				18:30
18:45	SC CICLO	S1 SH'BAM	SI I. WALKING	S1 ATTACK-PUMP				18:45
18:45	PI AQUADYNAMIC		PI AQUADYNAMIC					18:45
19:00			S1 B. PUMP	PI AQUADYNAMIC				19:00
19:00	S1 B. COMBAT	PI AQUAFITNESS	SC CICLO	SI I. WALKING	S1 B. PUMP			19:00
19:15	S2 YOGA			EX FORUS RUNNERS	SC CICLO			19:15
19:15								19:15
19:30		EX RUNNERS INI						19:30
19:30		SI I. WALKING	SF FUNCIONAL		S2 B. BALANCE			19:30
19:30	SI I. WALKING	S2 YOGA	S2 SH'BAM	S2 ABDOMINALES	SI I. WALKING			19:30
19:45	SC CICLO	S1 CXWORX	SI I. WALKING	S1 ZUMBA				19:45
19:45	PI AQUAFITNESS	SC CICLO	PI AQUAFITNESS					19:45
20:00				SC CICLO				20:00
20:00	S1 ABDOMINALES	PI FORUS SWIMMERS	EX RUNNERS AV	PI AQUAFITNESS				20:00
20:00	EX FORUS RUNNERS	PI AQUAFITNESS	S1 ABDOMINALES	S2 B. COMBAT	S1 SH'BAM			20:00
20:15	S2 PILATES	S1 B. COMBAT		SI I. WALKING	PI AQUAFITNESS			20:15
20:15				PI FORUS SWIMMERS				20:15
20:30			SI B. ATTACK		SF ESTIRAMIENTOS			20:30
20:30			SC CICLO					20:30
20:30	S1 B. ATTACK	S2 ZUMBA	S2 COMBAT 30'					20:30
20:45	SI I. WALKING	SI I. WALKING	PI AQUADYNAMIC	S1 B. PUMP				20:45
20:45	PI AQUAFITNESS							20:45
21:00	SC CICLO	SC FORUS BIKERS	SI I. WALKING	S2 YOGA	S1 CXWORX			21:00
21:00			S2 PILATES					21:00
21:15	S2 ZUMBA	S1 CROSS TRAINING						21:15
21:30	S1 B. PUMP		S1 CROSS TRAINING					21:30

Las actividades marcadas con una estrella son actividades con reserva previa