

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 |
| 08:00 | | S1 B. PUMP | | | | | | 08:00 |
| 08:15 | SI I. WALKING | | PI AQUAFITNESS | SC CICLO | S2 PILATES | | | 08:15 |
| 08:45 | S1 CROSS TRAINING | | | PI AQUAFITNESS | | | | 08:45 |
| 09:00 | SC CICLO | S1 SH'BAM | S2 PILATES BASIC | S1 AF-MAYORES | | | | 09:00 |
| 09:00 | | S2 ABDOMINALES | | | | | | 09:00 |
| 09:15 | SI I. WALKING 30' | | | | | | | 09:15 |
| 09:15 | PI AQUADYNAMIC | ★ SC CICLO | S1 PUMP 30' | | | | | 09:15 |
| 09:30 | | S2 YOGA | 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 FORUS RUNNERS | | | | 10:00 |
| 10:00 | SC CICLO | | 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 | S2 ABDOMINALES | S2 B. BALANCE | ★ S2 PILATES | ★ S2 B. BALANCE | ★ S2 B. BALANCE | ★ | | 10:30 |
| 10:30 | | SC CICLO | | | SC CICLO | SC CICLO | SC CICLO | 10:30 |
| 10:45 | | | | | S1 CXWORX | | | 10:45 |
| 10:45 | S1 SH'BAM | PI AQUADYNAMIC | ★ S1 B. COMBAT | ★ PI AQUAFITNESS | ★ SI I. WALKING | S1 B. COMBAT | | 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 | SC CICLO | | PI FORUS SWIMMERS | SI I. WALKING | ★ S1 B. ATTACK | | S1 B. PUMP | ★ |
| 11:15 | PI AQUADYNAMIC | ★ | | | | | | 11:15 |
| 11:30 | | S2 PILATES | ★ S2 ZUMBA | | SL MAMÁS Y BEBÉS | | | 11:30 |
| 11:30 | | SI I. WALKING | ★ SI I. WALKING | S2 ZUMBA | ★ S2 ZUMBA | SI I. WALKING | ★ SI I. WALKING | ★ |
| 11:45 | S1 B. COMBAT | PI AQUAFITNESS | ★ S1 B. PUMP | | | S1 GAP | | 11:45 |
| 12:00 | S2 B. BALANCE | S1 GAP | PI AQUADYNAMIC | ★ S1 GAP | PI AQUADYNAMIC | ★ S2 HIPOPRESIVOS | S2 HIPOPRESIVOS | 12:00 |
| 12:15 | | | | | S1 B. PUMP | | S1 ZUMBA | 12:15 |
| 12:30 | | S2 HIPOPRESIVOS | S2 B. BALANCE | S2 PILATES | S2 YOGA | SC CICLO | SC CICLO | 12:30 |
| 12:45 | S1 ZUMBA | | | | | S1 ZUMBA | | 12:45 |
| 13:00 | | | | | | S2 B. BALANCE | | 13:00 |
| 13:15 | | | | | | | | 13:15 |
| 13:30 | | | | | | SI I. WALKING | | 13:30 |
| 13:30 | | | | | | PI AQUAFITNESS | | 13:30 |
| 14:00 | | | | S1 COMBAT BASIC | | | | 14:00 |
| 14:15 | | | S1 B. ATTACK | S2 ZUMBA | S2 B. BALANCE | | | 14:15 |
| 14:30 | SI I. WALKING | S2 PILATES | SC CICLO | SI I. WALKING | S1 B. PUMP | | | 14:30 |
| 14:30 | S1 B. PUMP | S1 CXWORX | | | | | | 14:30 |
| 14:45 | | | | | | | | 14:45 |
| 15:00 | | SI I. WALKING 30' | | | | | | 15:00 |
| 16:30 | SI I. WALKING | | | | | | | 16:30 |
| 16:30 | S1 GAP | S2 PREDEPORTE 4-7 | S2 FITNESS | S2 BAILE 4-7 | S2 EMBARAZADAS | | | 16:30 |
| 16:45 | | S1 B. ATTACK | | S1 HIPOPRESIVOS | | | | 16:45 |
| 17:00 | | SF FUNCIONAL | S1 STEP | | S1 ZUMBA +12 | | | 17:00 |
| 17:15 | S2 BAILE 8-11 | SI I. WALKING | ★ SC CICLO 30' | SC CICLO 30' | | | | 17:15 |
| 17:30 | SI I. WALKING | ★ | S2 BAILE 8-11 | | S2 B. COMBAT | | | 17:30 |
| 17:30 | S1 PUMP BASIC | SC CICLO | | | SI I. WALKING BASIC | SI I. WALKING | | 17:30 |
| 17:45 | SC CICLO | S1 B. PUMP | ★ SI INDOOR+12 | ★ S1 SH'BAM | SC CICLO | | | 17:45 |
| 18:00 | | | S1 ZUMBA | SF FUNCIONAL | ★ | | | 18:00 |
| 18:00 | S1 ZUMBA +12 | | SC CICLO | SI I. WALKING | ★ S1 B. ATTACK | | | 18:00 |
| 18:15 | S2 B. BALANCE | SI I. WALKING | ★ | SI I. WALKING | ★ S1 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 | PI AQUADYNAMIC | | PI AQUADYNAMIC | | | | | 18:45 |
| 18:45 | SC CICLO | S1 SH'BAM | SI I. WALKING | S1 ATTACK-PUMP | | | | 18:45 |
| 19:00 | S1 B. COMBAT | ★ PI AQUAFITNESS | ★ SC CICLO | SI I. WALKING | ★ S1 B. PUMP | ★ | | 19:00 |
| 19:00 | | | S1 B. PUMP | ★ PI AQUADYNAMIC | | | | 19:00 |
| 19:15 | S2 YOGA | ★ | | EX FORUS RUNNERS | SC CICLO | | | 19:15 |
| 19:30 | | EX RUNNERS INI | | | | | | 19:30 |
| 19:30 | SI I. WALKING | ★ SI I. WALKING | ★ SF FUNCIONAL | S2 ABDOMINALES | SI I. WALKING | ★ | | 19:30 |
| 19:30 | | S2 YOGA | S2 SH'BAM | | S2 B. BALANCE | | | 19:30 |
| 19:45 | SC CICLO | SC CICLO | SI I. WALKING | ★ | | | | 19:45 |
| 19:45 | PI AQUAFITNESS | S1 CXWORX | PI AQUAFITNESS | S1 ZUMBA | | | | 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 |
| 20:15 | | | | SF FUNCIONAL | | | | 20:15 |
| 20:30 | | | S1 B. ATTACK | | | | | 20:30 |
| 20:30 | | | SC CICLO | | S2 YOGA | | | 20:30 |
| 20:30 | S1 B. ATTACK | S2 ZUMBA | ★ S2 COMBAT 30' | | SI I. WALKING | | | 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

La empresa atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.

Las actividades +12, podrán asistir todos los usuarios mayores de 12 años.

Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y F Runners Ini, tendrán una duración de 25 min.

Las actividades familiares están dirigidas a niños acompañados de adultos.

La actividad Forus Runners, Forus Bikers y Forus Swimmers son actividades con suscripción. Consulte en recepción