

# HORARIO DE ACTIVIDADES DIRIGIDAS FORUS BARCELÓ

De Lunes a viernes: de 07:00 a 24:00h

Sábados: de 07:00 a 22:00h

Domingos y festivos: de 07:00 a 22:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA

| HORA  | LUNES              | MARTES           | MIÉRCOLES        | JUEVES         | VIERNES             | SÁBADO         | DOMINGO       | HORA  |
|-------|--------------------|------------------|------------------|----------------|---------------------|----------------|---------------|-------|
| 07:00 |                    |                  |                  |                |                     |                |               | 07:00 |
| 07:15 | SC CICLO           |                  | IW I. WALKING    |                | S4 B. COMBAT        |                |               | 07:15 |
| 07:30 |                    | S4 B. PUMP       |                  | SC CICLO       |                     |                |               | 07:30 |
| 08:00 |                    | PB AF-MAYORES    |                  | PB AF-MAYORES  |                     |                |               | 08:00 |
| 08:00 |                    | AL FORUS RUNNERS |                  | S4 GAP         | IW I. WALKING       |                |               | 08:00 |
| 08:15 | S2 B. COMBAT       |                  |                  |                | S4 AF-MAYORES       |                |               | 08:15 |
| 08:30 |                    | SF ESTIRAMIENTOS | S4 B. PUMP       |                | S2 PILATES BASIC    |                |               | 08:30 |
| 08:45 | AL RUNNERS INI     |                  | S2 B. BALANCE    |                |                     |                |               | 08:45 |
| 09:00 |                    | S4 EN FORMA      |                  | S4 SH'BAM      | S2 ZUMBA            |                |               | 09:00 |
| 09:15 |                    |                  |                  | IW I. WALKING  | SC CICLO            |                |               | 09:15 |
| 09:15 | S2 B. BALANCE      | IW I. WALKING    | SC CICLO         | S2 YOGA        | S4 EN FORMA         |                |               | 09:15 |
| 09:30 | S4 B. PUMP         | S2 YOGA          | S4 B. COMBAT     |                |                     | IW I. WALKING  | S2 PILATES    | 09:30 |
| 09:45 |                    |                  | S2 PILATES       |                |                     |                |               | 09:45 |
| 10:00 | IW I. WALKING      | S4 ZUMBA         |                  | S4 B. COMBAT   | S2 YOGA             |                |               | 10:00 |
| 10:15 | S2 PILATES         | SC CICLO         |                  | S2 B. BALANCE  | S4 SH'BAM           |                |               | 10:15 |
| 10:15 |                    |                  |                  |                | AL FORUS RUNNERS    |                |               | 10:15 |
| 10:30 | S4 AF-MAYORES      | S2 B. BALANCE    | S4 AF-MAYORES    |                |                     | S4             | IW I. WALKING | 10:30 |
| 10:30 |                    |                  |                  |                |                     | S2 ZUMBA       | S2 SH'BAM     | 10:30 |
| 10:45 |                    |                  | S2 YOGA          |                |                     |                |               | 10:45 |
| 11:00 |                    | S4 FITNESS       |                  | S4 B. PUMP     | S2 B. BALANCE       |                |               | 11:00 |
| 11:15 | SC CICLO           |                  |                  | S2 ZUMBA       | S4 B. PUMP          |                |               | 11:15 |
| 11:30 | S4 GAP             | S2 PILATES       | S4 ZUMBA         |                |                     | S4 B. PUMP     | S2 B. BALANCE | 11:30 |
| 11:30 |                    |                  |                  |                |                     | S2 PILATES     | SC CICLO      | 11:30 |
| 11:45 |                    |                  | IW I. WALKING    |                |                     |                |               | 11:45 |
| 12:00 |                    |                  |                  | SC CICLO       |                     |                |               | 12:00 |
| 12:15 | S2 SH'BAM          |                  |                  | SF ABDOMINALES |                     |                |               | 12:15 |
| 12:30 |                    |                  |                  |                |                     |                |               | 12:30 |
| 12:30 |                    |                  |                  |                |                     | S2 B. BALANCE  | S4 B. PUMP    | 12:30 |
| 12:30 |                    |                  |                  |                |                     | SC CICLO       | S2 PILATES    | 12:30 |
| 13:15 |                    | S2 COMBAT BASIC  |                  |                |                     |                |               | 13:15 |
| 13:30 | S4 PUMP BASIC      |                  | S2 CXWORX        |                |                     |                |               | 13:30 |
| 14:00 |                    | IW I. WALKING    | SF FUNCIONAL     | IW I. WALKING  |                     |                |               | 14:00 |
| 14:15 | SC CICLO           | S4 PUMP 30'      | SC CICLO         | S2 PILATES     |                     |                |               | 14:15 |
| 14:15 | S2 COMBAT 30'      |                  |                  |                |                     |                |               | 14:15 |
| 14:30 |                    | S2 CXWORX        | S4 B. COMBAT     | S4 B. PUMP     | S4 FITNESS          |                |               | 14:30 |
| 14:45 | SF FUNCIONAL       | S4 B. BALANCE    | IW I. WALKING    |                | IW I. WALKING 30'   |                |               | 14:45 |
| 15:00 | S2 PILATES         |                  |                  |                |                     |                |               | 15:00 |
| 15:30 |                    |                  |                  |                | SC CICLO            |                |               | 15:30 |
| 15:45 |                    |                  | SF ABDOMINALES   |                |                     |                |               | 15:45 |
| 17:00 | PB PSICOMOTRICIDAD | S4 BAILE 8-11    |                  |                |                     | SC CICLO BASIC |               | 17:00 |
| 17:00 |                    | SC CICLO         |                  |                |                     |                |               | 17:00 |
| 17:15 |                    |                  | S2 BAILE 4-7     | S2 SH'BAM+12   |                     |                |               | 17:15 |
| 17:15 |                    |                  |                  | PB             |                     |                |               | 17:15 |
| 17:30 | S2 GAP             |                  | SC CICLO+12      |                | S4 BAILE 8-11       |                |               | 17:30 |
| 17:45 |                    | S2 YOGA          |                  |                |                     | S4 B. PUMP     | SC CICLO 30'  | 17:45 |
| 18:00 | S4 ZUMBA           |                  | S4 GAP           |                | S2 PILATES          |                |               | 18:00 |
| 18:00 | SF ABDOMINALES     |                  |                  |                |                     |                |               | 18:00 |
| 18:15 |                    | S4 B. COMBAT     |                  |                |                     |                |               | 18:15 |
| 18:15 |                    | IW I. WALKING    | S2 B. BALANCE    | S2 CXWORX      |                     |                |               | 18:15 |
| 18:30 | S2 PILATES         |                  | SF FUNCIONAL     | IW I. WALKING  | S4 B. PUMP          |                | S4 B. COMBAT  | 18:30 |
| 18:30 |                    |                  |                  | S4 ZUMBA       | IW I. WALKING BASIC |                |               | 18:30 |
| 18:45 | IW I. WALKING      | S2 PILATES       |                  | S2 PILATES     |                     |                |               | 18:45 |
| 19:00 | S4 B. COMBAT       |                  | IW I. WALKING    |                | S2 B. BALANCE       |                |               | 19:00 |
| 19:00 |                    |                  | S4 SH'BAM        | ★              | SC CICLO            |                |               | 19:00 |
| 19:15 |                    | S4 B. PUMP       | ★ S2 YOGA        |                |                     |                |               | 19:15 |
| 19:30 | SF FUNCIONAL       | IW I. WALKING    |                  | S4 FITNESS     | S4 SH'BAM           |                |               | 19:30 |
| 19:30 | S2 B. BALANCE      | ★                |                  | SC CICLO       | ★                   |                |               | 19:30 |
| 19:45 | SC CICLO           | S2 B. BALANCE    |                  | S2 YOGA        |                     |                |               | 19:45 |
| 19:45 |                    |                  |                  |                |                     |                |               | 19:45 |
| 20:00 | S4 GAP             |                  | S4 B. PUMP       | SF FUNCIONAL   | IW I. WALKING       |                |               | 20:00 |
| 20:00 | AL FORUS RUNNERS   |                  | SC CICLO         |                |                     |                |               | 20:00 |
| 20:15 |                    |                  | AL FORUS RUNNERS |                |                     |                |               | 20:15 |
| 20:15 |                    | S4 SH'BAM        | S2 PILATES       |                |                     |                |               | 20:15 |
| 20:30 |                    | SF FUNCIONAL     |                  |                |                     |                |               | 20:30 |
| 20:30 | S2 YOGA            | SC CICLO         |                  | S4 B. COMBAT   | S4 B. COMBAT        |                |               | 20:30 |
| 20:45 |                    |                  |                  | S2 B. BALANCE  |                     |                |               | 20:45 |
| 20:45 |                    | S2 YOGA          |                  | SC CICLO       |                     |                |               | 20:45 |
| 21:00 | S4 SH'BAM          |                  | S4 ZUMBA         |                |                     |                |               | 21:00 |
| 21:00 |                    |                  | IW I. WALKING    |                |                     |                |               | 21:00 |
| 21:15 |                    | S4 GAP           | S2 B. BALANCE    |                |                     |                |               | 21:15 |
| 21:30 | S2 PILATES         |                  |                  |                |                     |                |               | 21:30 |
| 21:30 | IW I. WALKING      |                  |                  | S4 B. PUMP     |                     |                |               | 21:30 |
| 21:45 |                    | SC CICLO         |                  | IW I. WALKING  |                     |                |               | 21:45 |
| 22:00 | S4 B. PUMP         |                  |                  |                |                     |                |               | 22:00 |
| 22:15 |                    |                  |                  |                |                     |                |               | 22:15 |

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. A las actividades +12, podrán asistir todos los usuarios que dispongan ADM categoría Joven y los integrantes del ADM familiar a partir de los 12 años. GAP Joven L (17:30).Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y FRunners Ini. Tendrán una duración de 30'. Pilates Mayores es el L-X (10:30 a 11:30) y Yoga Mayores V (08:15 a 09:15)