

# 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    |
|-------|------------------|---------------------|--------------------|---------------------|-----------------------|--------------------|-----------------|---------|
| 07:15 | SC CICLO         | IW I. WALKING       | IW I. WALKING      | ★ SC CICLO          | S4 B. COMBAT          |                    |                 | 07:15   |
| 07:30 |                  | S4 B. PUMP          |                    |                     |                       |                    |                 | 07:30   |
| 07:30 |                  |                     |                    |                     |                       |                    |                 | 07:30   |
| 07:45 | S2 PILATES       |                     |                    |                     |                       |                    |                 | 07:45   |
| 08:00 |                  | AL FORUS RUNNERS    |                    | S4 GAP              | IW I. WALKING         |                    |                 | 08:00   |
| 08:00 |                  |                     |                    | PB AF-MAYORES       |                       |                    |                 | 08:00   |
| 08:15 | S4 B. COMBAT     | PB AF-MAYORES       |                    | S2 PILATES          | S4 AF-MAYORES         |                    |                 | 08:15   |
| 08:30 | IW I. WALKING    | SF ESTIRAMIENTOS    | S4 B. PUMP         |                     | S2 PILATES BASIC      |                    |                 | 08:30   |
| 08:45 | S2 CXWORX        |                     | S2 B. BALANCE      |                     |                       |                    |                 | 08:45   |
| 09:00 |                  | S4 EN FORMA         |                    | S4 SH'BAM           | S2 ZUMBA              | IW I. WALKING      | ★ IW I. WALKING | 09:00   |
| 09:15 | S2 B. BALANCE    | IW I. WALKING       | SC CICLO           | S2 YOGA             | ★ SC CICLO            |                    |                 | 09:15   |
| 09:15 |                  |                     |                    | IW I. WALKING       | SF FUNCIONAL          |                    |                 | 09:15   |
| 09:30 | S4 B. PUMP       | S2 YOGA             | ★ S4 B. COMBAT     |                     |                       | S4 GAP             | S2 PILATES      | 09:30   |
| 09:45 |                  |                     | S2 PILATES         | ★                   | S4 CXWORX             |                    |                 | 09:45   |
| 10:00 | IW I. WALKING    | S4 ZUMBA            |                    | S4 B. COMBAT        | S2 YOGA               | ★                  | S4 CXWORX       | 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 ZUMBA           | IW I. WALKING   | ★ 10:30 |
| 10:30 |                  |                     |                    |                     |                       | S2 MULTIDEPORTE 8- |                 | 10:30   |
| 10:45 |                  |                     | S2 YOGA            | ★                   |                       |                    |                 | 10:45   |
| 11:00 |                  | S4 FITNESS          |                    | S4 B. PUMP          | S2 B. BALANCE         |                    | S4 SH'BAM       | 11:00   |
| 11:15 | SC CICLO         |                     |                    | S2 ZUMBA            | S4 B. PUMP            |                    |                 | 11:15   |
| 11:15 | S2 HIPOPRESIVOS  |                     |                    |                     |                       |                    |                 | 11:15   |
| 11:30 | S4 GAP           | S2 PILATES          | ★ S4 ZUMBA         |                     |                       | S4 B. PUMP         | ★ SC CICLO      | ★ 11:30 |
| 11:45 |                  |                     | IW I. WALKING      |                     |                       |                    |                 | 11:45   |
| 12:00 |                  | S4 B. ATTACK        |                    | SC CICLO            |                       | S2 PILATES         | ★ S2 B. BALANCE | 12:00   |
| 12:15 | S2 SH'BAM        |                     |                    | SF ABDOMINALES      |                       |                    |                 | 12:15   |
| 12:30 | S4 AF-MAYORES    |                     | S4 AF-MAYORES      |                     |                       | SC CICLO           | ★ S4 B. PUMP    | 12:30   |
| 12:30 |                  |                     | S2 MAMÁS Y BEBÉS   |                     |                       |                    |                 | 12:30   |
| 13:00 |                  |                     |                    |                     |                       | S2 B. BALANCE      | ★ S2 PILATES    | 13:00   |
| 13:15 |                  | S4 COMBAT BASIC     |                    |                     |                       |                    |                 | 13:15   |
| 13:30 | S4 PUMP BASIC    |                     | S2 CXWORX          |                     |                       |                    |                 | 13:30   |
| 14:00 | S2 ZUMBA         | IW I. WALKING       | SF FUNCIONAL       | IW I. WALKING       |                       |                    |                 | 14:00   |
| 14:15 | SC CICLO         | S4 PUMP 30´         | SC CICLO           | S2 PILATES          | SF FUNCIONAL          |                    |                 | 14:15   |
| 14:15 | S4 COMBAT 30´    |                     |                    |                     |                       |                    |                 | 14:15   |
| 14:30 |                  | S2 CXWORX           | S2 HIPOPRESIVOS    | S4 B. PUMP          |                       |                    |                 | 14:30   |
| 14:30 |                  |                     | S4 B. COMBAT       |                     |                       |                    |                 | 14:30   |
| 14:45 | SF FUNCIONAL     | S4 B. BALANCE       | IW I. WALKING      |                     | IW I. WALKING 30´     |                    |                 | 14:45   |
| 15:15 | SF ABDOMINALES   |                     |                    |                     |                       |                    |                 | 15:15   |
| 15:15 | S2 PILATES       |                     |                    |                     |                       |                    |                 | 15:15   |
| 15:30 |                  |                     | SF ABDOMINALES     |                     | SC CICLO              |                    |                 | 15:30   |
| 17:00 | S4 BAILE 8-11    | PB PSICOMOTRICIDAD  | AL KIDS RUNNERS 8- |                     | AL KIDS RUNNERS 8-    | SC CICLO BASIC     |                 | 17:00   |
| 17:00 |                  | S4 B. ATTACK        |                    |                     |                       |                    |                 | 17:00   |
| 17:15 |                  |                     |                    | S2 EMBARAZADAS      |                       |                    |                 | 17:15   |
| 17:15 |                  |                     |                    | S4 SH'BAM+12        |                       |                    |                 | 17:15   |
| 17:15 |                  |                     |                    | PB MULTIDEPORTE 8-  |                       |                    |                 | 17:15   |
| 17:30 | S2 BALANCE+12    |                     | SC CICLO+12        |                     | S4 BAILE 8-11         |                    |                 | 17:30   |
| 17:45 |                  | S2 HIPOPRESIVOS     |                    |                     |                       | S4 B. COMBAT       | SC CICLO 30´    | 17:45   |
| 18:00 | S4 ZUMBA         |                     |                    |                     | S2 PILATES            |                    |                 | 18:00   |
| 18:00 | SF ABDOMINALES   |                     | S4 GAP             |                     | SF ABDOMINALES        |                    |                 | 18:00   |
| 18:15 | SC CICLO         | IW I. WALKING       | S2 B. BALANCE      | S2 CXWORX           |                       |                    |                 | 18:15   |
| 18:15 |                  | S4 B. COMBAT        |                    |                     |                       |                    |                 | 18:15   |
| 18:30 | S2 PILATES       | ★                   |                    | IW I. WALKING       | ★ IW I. WALKING BASIC |                    | S4 B. PUMP      | 18:30   |
| 18:30 | SF FUNCIONAL     |                     | SF FUNCIONAL       | S4 ZUMBA            | S4 B. PUMP            |                    |                 | 18:30   |
| 18:45 |                  | S2 PILATES          | ★                  | S2 PILATES          |                       |                    |                 | 18:45   |
| 19:00 | IW I. WALKING    | ★ SC FORUS BIKERS   | IW I. WALKING      | ★                   | SC CICLO              |                    |                 | 19:00   |
| 19:00 | S4 B. COMBAT     | ★                   | S4 SH'BAM          |                     | S2 B. BALANCE         |                    |                 | 19:00   |
| 19:15 |                  | S4 B. PUMP          | ★ S2 YOGA          |                     |                       |                    |                 | 19:15   |
| 19:30 |                  |                     |                    | AL RUNNERS INI      |                       |                    |                 | 19:30   |
| 19:30 | S2 B. BALANCE    | ★ IW I. WALKING     | ★                  | S4 B. ATTACK        |                       |                    |                 | 19:30   |
| 19:45 | SC CICLO         | ★ S2 B. BALANCE     |                    | SC CICLO            | ★ S4 SH'BAM           |                    |                 | 19:45   |
| 19:45 |                  |                     |                    | S2 YOGA             |                       |                    |                 | 19:45   |
| 19:45 |                  |                     |                    | SF FUNCIONAL        |                       |                    |                 | 19:45   |
| 20:00 | S4 GAP           | ★ PB CROSS TRAINING | ★ SC CICLO         |                     | IW I. WALKING         |                    |                 | 20:00   |
| 20:00 | AL FORUS RUNNERS |                     | S4 B. PUMP         | ★                   | S2 HIPOPRESIVOS       |                    |                 | 20:00   |
| 20:15 |                  |                     | AL RUNNERS AV      |                     |                       |                    |                 | 20:15   |
| 20:15 |                  | S4 SH'BAM           | S2 PILATES         | ★ IW I. WALKING 30´ |                       |                    |                 | 20:15   |
| 20:30 | IW I. WALKING    | SC CICLO            | ★                  | S4 B. COMBAT        | S4 B. COMBAT          |                    |                 | 20:30   |
| 20:30 | S2 YOGA          | ★                   |                    |                     |                       |                    |                 | 20:30   |
| 20:45 |                  |                     |                    | SC CICLO            |                       |                    |                 | 20:45   |
| 20:45 |                  | S2 CXWORX           |                    | S2 B. BALANCE       |                       |                    |                 | 20:45   |
| 21:00 | S4 SH'BAM        | IW I. WALKING       | IW I. WALKING      |                     |                       |                    |                 | 21:00   |
| 21:00 |                  |                     | S4 ZUMBA           |                     |                       |                    |                 | 21:00   |
| 21:15 |                  | S4 GAP              | S2 B. BALANCE      |                     |                       |                    |                 | 21:15   |
| 21:15 |                  | S2 YOGA             |                    |                     |                       |                    |                 | 21:15   |
| 21:30 | IW I. WALKING    |                     |                    | S4 B. PUMP          |                       |                    |                 | 21:30   |
| 21:30 | S2 PILATES       |                     |                    |                     |                       |                    |                 | 21:30   |
| 21:45 |                  | SC CICLO            |                    |                     |                       |                    |                 | 21:45   |
| 22:00 | S4 B. PUMP       |                     |                    |                     |                       |                    |                 | 22:00   |

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. Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y F Runners Inl. 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).Ciclo Indoor, Indoor Walking, GAP, Hipopresivos y Sh´bam tendrán una duración de 45´, el resto de actividades tendrán una duración de 50´