

HORARIO ACTIVIDADES DIRIGIDAS FORUS COSLADA

De Lunes a viernes: de 8:00 a 23:00h.

Sábados: de 8:00 a 21:00h.

Domingos y festivos: de 8:00 a 15:00h.

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|---|--|---|---|
| ■ CUERPO Y MENTE | ■ ACUÁTICAS | ■ TONIFICACIÓN | ■ CARDIOVASCULARES |
| ■ COREOGRAFIADAS | ■ JUNIOR Y FAMILIARES | ■ SENIOR | ■ RAQUETA |



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|--------------------|--------------------|---------------------|--------------------|-------------------|------------------|----------------|-------|
| 08:15 | S4 I. WALKING | | S1 B. PUMP | S3 CICLO | | | | 08:15 |
| 09:00 | S1 HIPOPRESIVOS | S2 PILATES | | | S3 FORUS BIKERS | | | 09:00 |
| 09:15 | | | | S2 ABDOMINALES | | | | 09:15 |
| 09:30 | S2 EN FORMA | S3 CICLO | S2 EN FORMA | | S2 EN FORMA | | | 09:30 |
| 09:30 | | S1 CXWORX | | | | | | 09:30 |
| 09:30 | | S5 COMBAT BASIC | | | | | | 09:30 |
| 09:45 | S4 I. WALKING | S4 I. WALKING | | S2 PILATES | ★ | | | 09:45 |
| 09:45 | | | | S4 I. WALKING | | | | 09:45 |
| 10:00 | S3 CICLO | S2 B. BALANCE | S4 I. WALKING | ★ S3 CICLO | S1 B. COMBAT | S3 CICLO | S1 B. COMBAT | 10:00 |
| 10:00 | EX FORUS RUNNERS | S5 EMBARAZADAS | | S1 ZUMBA | S4 I. WALKING | ★ S2 ABDOMINALES | S2 ABDOMINALES | 10:00 |
| 10:15 | S1 B. PUMP | S1 B. ATTACK | S1 B. COMBAT | PI AQUADYNAMIC | | | | 10:15 |
| 10:15 | | | S3 CICLO | | | | | 10:15 |
| 10:15 | | | EX FORUS RUNNERS | | | | | 10:15 |
| 10:30 | S2 PILATES | ★ S3 CICLO | | | S2 GAP | S2 SH'BAM | S3 CICLO | 10:30 |
| 10:30 | PI AQUAFITNESS | EX FORUS RUNNERS | S2 B. BALANCE | | PI AQUADYNAMIC | | | 10:30 |
| 10:45 | | | | S2 YOGA | | | | 10:45 |
| 11:00 | S3 CICLO | S4 I. WALKING | SF FUNCIONAL | S1 ATTACK-PUMP | S3 CICLO | S1 B. PUMP | S2 PILATES | 11:00 |
| 11:00 | | S2 ZUMBA | | S3 CICLO | S1 B. PUMP | | | 11:00 |
| 11:15 | S4 I. WALKING | S1 B. PUMP | S3 CICLO | S4 I. WALKING | | | | 11:15 |
| 11:15 | S1 CXWORX | | S1 SH'BAM | PI AQUAFITNESS | | | | 11:15 |
| 11:30 | PI AQUADYNAMIC | PI AQUADYNAMIC | S2 PILATES | ★ | S2 PILATES | S4 I. WALKING | S1 B. PUMP | 11:30 |
| 11:30 | S2 B. BALANCE | | PI AQUADYNAMIC | | | | | 11:30 |
| 11:30 | | | S4 I. WALKING | | | | | 11:30 |
| 11:45 | S1 SH'BAM | | | S2 JUMPING | ★ | | | 11:45 |
| 12:00 | | S2 ABDOMINALES | | S1 CROSS TRAINING | S1 HIPOPRESIVOS | S1 B. COMBAT | S4 I. WALKING | 12:00 |
| 12:15 | | | S1 GAP | | | | | 12:15 |
| 12:30 | | S2 YOGA | S5 ESTIRAMIENTOS | S5 ESTIRAMIENTOS | | S3 CICLO | S3 CICLO | 12:30 |
| 13:00 | | | | | | S2 B. BALANCE | S2 ZUMBA | 13:00 |
| 14:15 | S1 B. PUMP | | S4 I. WALKING | S2 B. BALANCE | | | | 14:15 |
| 14:30 | S3 CICLO | S1 CXWORX | S2 JUMPING | S3 CICLO | S4 I. WALKING 30' | | | 14:30 |
| 14:30 | PI FORUS SWIMMERS | S2 PILATES | PI FORUS SWIMMERS | | | | | 14:30 |
| 15:00 | | S3 CICLO 30' | | | S1 ABDOMINALES | | | 15:00 |
| 16:30 | | | S2 YOGA | | S2 MAMÁS Y BEBÉS | | | 16:30 |
| 16:45 | | S1 HIPOPRESIVOS | S4 I. WALKING BASIC | S1 PUMP BASIC | | | | 16:45 |
| 16:45 | | S5 MULTIDEPORTE 8- | S5 BAILE 4-7 | | | | | 16:45 |
| 17:00 | S2 B. BALANCE | S2 B. COMBAT | S3 CICLO+12 | S2 YOGA | S1 B. PUMP | | | 17:00 |
| 17:00 | S3 FORUS BIKERS | S4 I. WALKING | | | S3 CICLO BASIC | SF FUNCIONAL | | 17:00 |
| 17:00 | | | | | S4 INDOOR+12 | | | 17:00 |
| 17:15 | S1 GAP | | S1 B. ATTACK | S1 GAP | | | | 17:15 |
| 17:30 | | S3 CICLO | S2 CXWORX | S3 CICLO | | S1 B. PUMP | | 17:30 |
| 17:30 | | | | | | PI ACUÁTICOS 4-7 | | 17:30 |
| 17:45 | S4 I. WALKING | S1 SH'BAM | S4 I. WALKING | S5 MULTIDEPORTE 8- | S3 CICLO | | | 17:45 |
| 17:45 | S5 PREDEPORTE 4-7 | | | | S2 PILATES BASIC | | | 17:45 |
| 18:00 | S3 CICLO | S4 I. WALKING | S3 CICLO | S4 I. WALKING | S4 I. WALKING | | | 18:00 |
| 18:00 | S2 COMBAT 30' | S2 B. BALANCE | S2 JUMPING | ★ | S1 CROSS TRAINING | | | 18:00 |
| 18:15 | S1 ZUMBA | | S1 B. PUMP | S1 B. COMBAT | S2 DANCE | | | 18:15 |
| 18:15 | EX RUNNERS INI | | | S2 SH'BAM | | | | 18:15 |
| 18:15 | SF FUNCIONAL | | | | | | | 18:15 |
| 18:30 | S2 PILATES | S3 CICLO | EX FORUS RUNNERS | S3 CICLO | | | | 18:30 |
| 18:30 | PI AQUAFITNESS | PI AQUADYNAMIC | PI AQUAFITNESS | PI AQUADYNAMIC | | | | 18:30 |
| 18:30 | | | | SF FUNCIONAL | | | | 18:30 |
| 18:45 | S5 MULTIDEPORTE 8- | S5 PREDEPORTE 4-7 | S5 BAILE 8-11 | | | | | 18:45 |
| 18:45 | S4 I. WALKING | ★ S1 CXWORX | S4 I. WALKING | S5 SH'BAM+12 | | S3 CICLO | | 18:45 |
| 19:00 | S3 CICLO | S2 PILATES | ★ S3 CICLO | S4 I. WALKING | S1 B. ATTACK | | | 19:00 |
| 19:00 | EX FORUS RUNNERS | | S2 B. BALANCE | EX RUNNERS AV | S4 I. WALKING | ★ | | 19:00 |
| 19:00 | | | | | S5 ABDOMINALES | | | 19:00 |
| 19:15 | S1 B. ATTACK | S1 B. PUMP | S1 SH'BAM | S2 PILATES | ★ S2 YOGA | ★ | | 19:15 |
| 19:15 | | S4 I. WALKING | ★ | | | | | 19:15 |
| 19:30 | PI AQUADYNAMIC | PI AQUAFITNESS | PI AQUADYNAMIC | S3 CICLO | PI AQUAFITNESS | | | 19:30 |
| 19:30 | S2 YOGA | ★ S3 CICLO | S5 ESTIRAMIENTOS | S1 ZUMBA | | | | 19:30 |
| 19:30 | | EX FORUS RUNNERS | | PI AQUAFITNESS | | | | 19:30 |
| 19:30 | | | | S5 ABDOMINALES | | | | 19:30 |
| 19:45 | S4 I. WALKING | | S4 I. WALKING | | | | | 19:45 |
| 20:00 | S3 CICLO | S2 ZUMBA | S3 CICLO | S4 I. WALKING | S3 CICLO | | | 20:00 |
| 20:00 | S5 ESTIRAMIENTOS | | S2 PILATES | ★ | | | | 20:00 |
| 20:15 | S1 B. PUMP | S1 B. ATTACK | S1 B. COMBAT | S2 JUMPING | ★ S1 HIPOPRESIVOS | ★ | | 20:15 |
| 20:15 | | S4 I. WALKING | S5 ABDOMINALES | | | | | 20:15 |
| 20:30 | S2 SH'BAM | | | S1 B. PUMP | | | | 20:30 |
| 20:30 | | S5 ABDOMINALES | | S5 ESTIRAMIENTOS | | | | 20:30 |
| 20:45 | S4 I. WALKING | S3 CICLO | | | | | | 20:45 |
| 20:45 | S5 ABDOMINALES | | | | | | | 20:45 |
| 21:00 | S3 CICLO | S2 JUMPING | S3 CICLO | S5 ABDOMINALES | | | | 21:00 |
| 21:00 | | | S2 ZUMBA | | | | | 21:00 |
| 21:15 | S1 B. COMBAT | S1 CROSS TRAINING | | | | | | 21:15 |
| 21:30 | | PI FORUS SWIMMERS | | PI FORUS SWIMMERS | | | | 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, teniendo prioridad los usuarios de edad comprendida entre los 12 y los 15.
 Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y F Runners Ini. tendrán una duración de 30 min.
 Las actividades familiares están dirigidas a niños acompañados de adultos.