



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|---------------------|---------------------|---------------------|---------------------|-------------------|-------------------|-------------------|-------|
| 07:15 | CI CICLO | S3 B. PUMP | CI CICLO | S3 ZUMBA | PI FORUS SWIMMERS | | | 07:15 |
| 07:15 | | | | | S3 ATTACK-CXWORX | | | 07:15 |
| 07:30 | S3 COMBAT 30´ | | | SI I. WALKING | | | | 07:30 |
| 08:00 | PI FORUS SWIMMERS | S4 HIPOPRESIVOS ★ | PI FORUS SWIMMERS | | | | | 08:00 |
| 08:00 | | | S4 YOGA | | | | | 08:00 |
| 08:15 | S3 SH'BAM | SI I. WALKING | S3 GAP | CI CICLO | | | | 08:15 |
| 08:30 | | | | S3 PILATES | SI I. WALKING | | | 08:30 |
| 08:45 | | | SI I. WALKING | | | | | 08:45 |
| 09:00 | AL CLUB SENDERISTA | S4 PILATES | S4 PILATES BASIC | | | | | 09:00 |
| 09:15 | CI CICLO | S3 B. COMBAT | S3 ZUMBA | S4 CROSS TRAINING ★ | | | CI CICLO ★ | 09:15 |
| 09:15 | S3 B. PUMP | | | | | | | 09:15 |
| 09:30 | | ZM ABDOMINALES | | SI I. WALKING | | | | 09:30 |
| 09:30 | SI I. WALKING ★ | CI CICLO | S4 ATTACK-CXWORX | S3 YOGA | S3 B. COMBAT | | S4 HIPOPRESIVOS ★ | 09:30 |
| 09:45 | | | CI CICLO | | | | | 09:45 |
| 09:45 | AL FORUS RUNNERS | | AL RUNNERS AV | | AL FORUS RUNNERS | S3 PUMP BASIC | | 09:45 |
| 10:00 | | S4 YOGA ★ | | | | | | 10:00 |
| 10:00 | | ZM ESTIRAMIENTOS | | | | | | 10:00 |
| 10:00 | S4 PILATES | PI AQUADYNAMIC ★ | | PI AQUAFITNESS ★ | S4 CXWORX | CI CICLO ★ | | 10:00 |
| 10:15 | CI FORUS BIKERS | S3 ZUMBA | S3 B. PUMP | S4 B. BALANCE | | S3 B. COMBAT | | 10:15 |
| 10:15 | S3 B. ATTACK | | | | | | | 10:15 |
| 10:30 | SI I. WALKING | CI CICLO | SI I. WALKING | S3 SH'BAM | ZM FUNCIONAL | | S3 ZUMBA | 10:30 |
| 10:30 | | | | CI CICLO | S3 ZUMBA | | S4 CXWORX | 10:30 |
| 10:45 | ZM ABDOMINALES | SI I. WALKING | S4 B. COMBAT | SI I. WALKING BASIC | CI CICLO ★ | | | 10:45 |
| 10:45 | | | CI CICLO | | | | | 10:45 |
| 11:00 | S4 B. BALANCE | PI AQUAFITNESS ★ | PI AQUAFITNESS ★ | PI AQUAFITNESS ★ | S4 PILATES ★ | S4 SH'BAM | SI I. WALKING ★ | 11:00 |
| 11:00 | | S4 EN FORMA | | | | | | 11:00 |
| 11:15 | ZM FUNCIONAL | S3 PUMP-CXWORX | ZM ABDOMINALES | | | S3 B. PUMP ★ | | 11:15 |
| 11:15 | PI AQUAFITNESS ★ | | S3 SH'BAM | | | | | 11:15 |
| 11:15 | S3 ZUMBA | | | | | | | 11:15 |
| 11:30 | | | | S4 ABDOMINALES | S3 B. PUMP | CI CICLO BASIC | S3 B. PUMP | 11:30 |
| 11:30 | | | | CI CICLO ★ | | | | 11:30 |
| 11:30 | | | | S3 PUMP-CXWORX | | | | 11:30 |
| 11:45 | ZM ESTIRAMIENTOS | | ZM FUNCIONAL | | ZM ABDOMINALES | | | 11:45 |
| 11:45 | | | S4 PILATES | | CI CICLO | | | 11:45 |
| 12:00 | S4 CROSS TRAINING | ZM ESTIRAMIENTOS | PI AQUADYNAMIC ★ | SI I. WALKING | S4 B. BALANCE | SI I. WALKING ★ | S4 PILATES | 12:00 |
| 12:00 | | SI I. WALKING | | | | | | 12:00 |
| 12:15 | PI AQUAFITNESS ★ | | | | | | | 12:15 |
| 12:15 | S3 GAP | | S3 FITNESS | ZM ESTIRAMIENTOS | | S3 COMBAT BASIC | | 12:15 |
| 12:30 | | | | | SI I. WALKING | | | 12:30 |
| 12:30 | | | | S4 GAP | PI AQUAFITNESS | S4 PILATES | CI CICLO | 12:30 |
| 12:45 | | | S4 HIPOPRESIVOS | | | | | 12:45 |
| 13:00 | | S4 PILATES BASIC | | | | CI CICLO | PI AQUAFITNESS+12 | 13:00 |
| 13:00 | | | | | | | SI I. WALKING | 13:00 |
| 13:30 | | | | | | PI AQUAFITNESS+12 | | 13:30 |
| 14:00 | | | | | | ZM ABDOMINALES | | 14:00 |
| 14:15 | S3 CXWORX | S4 SH'BAM | | | | | | 14:15 |
| 14:30 | SI I. WALKING | | S3 B. PUMP | S4 CROSS TRAINING | CI CICLO | | | 14:30 |
| 14:45 | S3 B. COMBAT | CI CICLO | S4 B. BALANCE | CI CICLO | | | | 14:45 |
| 15:00 | | | CI CICLO 30´ | | | | | 15:00 |
| 15:15 | | S3 B. ATTACK | | | | | | 15:15 |
| 15:30 | S4 ZUMBA | | | S4 PILATES | S3 PUMP 30´ | | | 15:30 |
| 15:45 | | | SI I. WALKING | | | | | 15:45 |
| 16:30 | ZM ABDOMINALES | | | | | | | 16:30 |
| 16:45 | S3 ZUMBA +12 | S5 BAILE 8-11 | S5 BAILE 4-7 | SI INDOOR+12 | | | | 16:45 |
| 16:45 | CI CICLO | CI CICLO+12 | CI CICLO | S4 ZUMBA | | | | 16:45 |
| 16:45 | | | | S5 KIDS RUNNERS 8- | | | | 16:45 |
| 17:00 | | S3 CXWORX | | CI CICLO | SI I. WALKING | | | 17:00 |
| 17:00 | S4 B. BALANCE | PI AQUAFITNESS | S3 SH'BAM+12 | S3 B. PUMP | S4 HIPOPRESIVOS ★ | | | 17:00 |
| 17:15 | | SI I. WALKING | S4 B. BALANCE | | S3 B. SALÓN | | | 17:15 |
| 17:30 | | S3 PUMP BASIC | | | | | | 17:30 |
| 17:30 | SI I. WALKING | S4 ZUMBA ★ | SI I. WALKING | | | | | 17:30 |
| 17:45 | ZM FUNCIONAL | | ZM ABDOMINALES | SI I. WALKING BASIC | | | | 17:45 |
| 17:45 | S3 B. PUMP ★ | CI CICLO | S3 B. COMBAT | S4 B. BALANCE | | | | 17:45 |
| 18:00 | | | | ZM FUNCIONAL | CI CICLO MAX | | | 18:00 |
| 18:00 | S4 B. ATTACK | S3 FITNESS | CI CICLO | | | | | 18:00 |
| 18:00 | | ZM ESTIRAMIENTOS | | S3 B. COMBAT | S4 PILATES+12 | | | 18:00 |
| 18:15 | CI CICLO | | S4 PILATES ★ | CI FORUS BIKERS | S3 B. PUMP | | | 18:15 |
| 18:30 | S5 PSICOMOTRICIDAD | SI I. WALKING BASIC | ZM FUNCIONAL | ZM ABDOMINALES | | | | 18:30 |
| 18:30 | SI I. WALKING | S4 PILATES ★ | SI I. WALKING ★ | SI I. WALKING | | | | 18:30 |
| 18:45 | ZM ESTIRAMIENTOS | ZM FUNCIONAL | | | | | | 18:45 |
| 18:45 | S3 SH'BAM | CI CICLO | S3 ZUMBA | S4 PILATES | | | | 18:45 |
| 19:00 | | | ZM ESTIRAMIENTOS | PI AQUADYNAMIC | | | | 19:00 |
| 19:00 | S4 PILATES ★ | S3 B. COMBAT | PI AQUADYNAMIC | S3 STEP ★ | S4 B. BALANCE | | | 19:00 |
| 19:15 | CI CICLO ★ | SI I. WALKING ★ | S4 YOGA | | S3 B. COMBAT | | | 19:15 |
| 19:15 | AL FORUS RUNNERS | ZM ESTIRAMIENTOS | | | | | | 19:15 |
| 19:30 | SI I. WALKING ★ | S4 GAP | CI CICLO BASIC | CI CICLO | SI I. WALKING | | | 19:30 |
| 19:30 | | | | AL RUNNERS AV | | | | 19:30 |
| 19:45 | S3 B. COMBAT | CI CICLO ★ | S3 B. PUMP ★ | S4 ATTACK-CXWORX | PI AQUAFITNESS | | | 19:45 |
| 19:45 | | AL RUNNERS INI | ZM ABDOMINALES | SI I. WALKING | | | | 19:45 |
| 20:00 | ZM FUNCIONAL | | | | | | | 20:00 |
| 20:00 | PI AQUAFITNESS | S3 STEP | ★ CI CICLO | S3 FITNESS | CI CICLO | | | 20:00 |
| 20:00 | S4 YOGA ★ | | | | | | | 20:00 |
| 20:15 | | | SI I. WALKING | | | | | 20:15 |
| 20:15 | CI CICLO ★ | SI I. WALKING | S4 B. ATTACK | | S3 PUMP-CXWORX | | | 20:15 |
| 20:15 | | PI AQUAFITNESS | AL FORUS RUNNERS | | | | | 20:15 |
| 20:30 | | S4 CXWORX | | | | | | 20:30 |
| 20:30 | SI I. WALKING | PI FORUS SWIMMERS | | PI FORUS SWIMMERS | S4 ZUMBA | | | 20:30 |
| 20:45 | ZM ABDOMINALES | CI CICLO | S3 DANCE | S4 CROSS TRAINING | | | | 20:45 |
| 20:45 | S3 ZUMBA | | | CI CICLO | | | | 20:45 |
| 21:00 | S4 CROSS TRAINING ★ | S3 B. PUMP | CI CICLO | S3 SH'BAM | | | | 21:00 |
| 21:15 | CI CICLO | SI I. WALKING | S4 CROSS TRAINING ★ | SI I. WALKING | | | | 21:15 |
| 21:15 | | S4 HIPOPRESIVOS | | | | | | 21:15 |

| DOM | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | DOM |
|-------|------------------|--------|------------------|--------|---------|--------|---------|-------|
| 21:45 | S* CXWORX | | S* CXWORX | | | | | 21:45 |

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, modificación o anulación de las actividades.
 Las actividades +12 podrán asistir todos los usuarios mayores de 12 años, teniendo prioridad los usuarios de edad comprendida ente los 12 y los 15 años.
 Las actividades BASIC, 30, Abdomen, Cx-Work, Funcional y Runners Ini. tendrán una duración de 30 minutos.