

# HORARIO OCTUBRE

**De lunes a viernes:** de 07:00 a 23:00h

**Sábados:** de 09:00 a 20:00h

**Domingos y festivos:** de 09:00 a 14:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA

| HORA  | LUNES             | MARTES            | MIÉRCOLES         | JUEVES            | VIERNES          | SÁBADO       | DOMINGO       | HORA  |
|-------|-------------------|-------------------|-------------------|-------------------|------------------|--------------|---------------|-------|
| 07:15 |                   | S1 B. PUMP        | SC CICLO          | S1 B. COMBAT      |                  |              |               | 07:15 |
| 07:30 | SC CICLO          |                   |                   |                   | SC CICLO         |              |               | 07:30 |
| 08:00 |                   |                   | ZM ESTIRAMIENTOS  |                   |                  |              |               | 08:00 |
| 08:00 | PI AQUAFITNESS    |                   |                   |                   |                  |              |               | 08:00 |
| 08:15 |                   | ZM FUNCIONAL      |                   |                   |                  |              |               | 08:15 |
| 08:15 |                   |                   |                   | S1 B. PUMP        |                  |              |               | 08:15 |
| 08:30 | ZM FUNCIONAL      |                   |                   |                   |                  |              |               | 08:30 |
| 08:30 |                   |                   | S1 AF-MAYORES     |                   |                  |              |               | 08:30 |
| 08:45 |                   |                   |                   |                   | S1 EN FORMA      |              |               | 08:45 |
| 09:00 | S2 AF-MAYORES     |                   | S2 B. COMBAT      |                   | PI AQUAFITNESS   |              |               | 09:00 |
| 09:15 |                   |                   |                   | ZM FUNCIONAL      |                  |              |               | 09:15 |
| 09:15 | S1 B. ATTACK      |                   |                   | S1 AF-MAYORES     |                  | SC CICLO     |               | 09:15 |
| 09:30 | S1 B. PUMP        | SC CICLO          | S1 CROSS TRAINING | SC CICLO          |                  | S2 SH'BAM    | SC CICLO      | 09:30 |
| 09:30 |                   | S2 B. BALANCE     |                   | S2 B. BALANCE     |                  |              |               | 09:30 |
| 09:45 |                   |                   |                   |                   | S1 B. COMBAT     |              | S1 B. COMBAT  | 09:45 |
| 10:00 |                   |                   | ZM ABDOMINALES    |                   | ZM ESTIRAMIENTOS |              |               | 10:00 |
| 10:00 | S2 SH'BAM         |                   |                   |                   |                  |              |               | 10:00 |
| 10:00 | SC CICLO          |                   | S2 PILATES        |                   | S2 ZUMBA         |              |               | 10:00 |
| 10:15 |                   | PI AQUAFITNESS    |                   | S1 ZUMBA          |                  |              |               | 10:15 |
| 10:30 | S1 B. COMBAT      | S1 ZUMBA          | SC CICLO          | S2 GAP            |                  | S1 B. PUMP   | S2 PILATES    | 10:30 |
| 10:30 |                   | S2 GAP            | S1 STEP           | PI AQUAFITNESS    |                  |              |               | 10:30 |
| 10:45 |                   |                   |                   |                   | SC CICLO         |              | S1 B. PUMP    | 10:45 |
| 10:45 |                   |                   |                   |                   | S1 B. PUMP       |              |               | 10:45 |
| 11:00 |                   |                   |                   |                   |                  | S2 YOGA      |               | 11:00 |
| 11:00 | S2 PILATES        |                   | S2 YOGA           |                   | S2 B. BALANCE    | SC CICLO     |               | 11:00 |
| 11:15 |                   |                   |                   | S1 B. ATTACK      |                  |              |               | 11:15 |
| 11:30 |                   | ZM ABDOMINALES    |                   |                   |                  |              |               | 11:30 |
| 11:30 | SC CICLO          | S2 PILATES        | S1 B. PUMP        | SC CICLO          |                  | S1 ZUMBA     | SC CICLO      | 11:30 |
| 11:30 | S1 EN FORMA       | S1 AF-MAYORES     | PI AQUAFITNESS    | S2 PILATES        |                  |              |               | 11:30 |
| 11:45 |                   |                   |                   |                   | S1 AF-MAYORES    |              | S2 B. BALANCE | 11:45 |
| 12:00 |                   | SC CICLO          | S2 SH'BAM         |                   |                  | S2 PILATES   |               | 12:00 |
| 12:15 |                   |                   |                   | S1 FITNESS        |                  |              |               | 12:15 |
| 12:30 | S2 YOGA           |                   | SC CICLO          | S2 YOGA           |                  | S1 B. ATTACK | S1 GAP        | 12:30 |
| 13:30 |                   |                   | ZM ABDOMINALES    |                   |                  |              |               | 13:30 |
| 14:00 | ZM FUNCIONAL      | ZM FUNCIONAL      | ZM FUNCIONAL      |                   |                  |              |               | 14:00 |
| 14:30 | S1 B. PUMP        | SC CICLO          | S2 B. BALANCE     | SC CICLO          | S2 B. COMBAT     |              |               | 14:30 |
| 14:45 |                   |                   |                   |                   |                  |              |               | 14:45 |
| 15:15 |                   |                   |                   |                   |                  |              |               | 15:15 |
| 15:30 | SC CICLO          |                   | SC CICLO          |                   | S1 B. PUMP       |              |               | 15:30 |
| 16:30 |                   |                   | ZM ABDOMINALES    |                   | ZM ABDOMINALES   |              |               | 16:30 |
| 16:30 |                   |                   |                   | S1 B. PUMP        | S2 YOGA          |              |               | 16:30 |
| 17:00 | S1 GAP            | S1 FITNESS        | S2 YOGA           |                   | ZM FUNCIONAL     |              |               | 17:00 |
| 17:00 | SC CICLO+12       |                   | PI AQUAFITNESS    |                   | S1 BAILE 8-11    |              |               | 17:00 |
| 17:15 |                   | S2 SH'BAM+12      |                   |                   |                  |              |               | 17:15 |
| 17:15 |                   | SC CICLO          |                   |                   |                  |              |               | 17:15 |
| 17:30 | S2 PILATES        |                   | S1 ZUMBA +12      | SC CICLO+12       | SC CICLO         |              |               | 17:30 |
| 17:30 |                   |                   |                   | S2 B. BALANCE     |                  |              |               | 17:30 |
| 18:00 | SC CICLO          |                   | SC CICLO          | S1 B. ATTACK      | S2 ZUMBA         |              |               | 18:00 |
| 18:00 | S1 B. PUMP        | S1 B. COMBAT      | S2 GAP            |                   |                  |              |               | 18:00 |
| 18:15 |                   | S2 B. BALANCE     |                   |                   |                  |              |               | 18:15 |
| 18:15 |                   | EX FORUS RUNNERS  |                   |                   |                  |              |               | 18:15 |
| 18:30 |                   |                   |                   | EX RUNNERS INI    |                  |              |               | 18:30 |
| 18:30 | S2 ZUMBA          |                   | S1 PILATES        | S2 CROSS TRAINING | S1 B. PUMP       |              |               | 18:30 |
| 19:00 | ZM FUNCIONAL      |                   | ZM FUNCIONAL      |                   |                  |              |               | 19:00 |
| 19:00 | S1 B. ATTACK      | S1 ZUMBA          | S2 B. BALANCE     | S1 B. COMBAT      | S2 B. BALANCE    |              |               | 19:00 |
| 19:15 |                   | SC CICLO          |                   |                   |                  |              |               | 19:15 |
| 19:15 |                   | S2 CROSS TRAINING |                   |                   |                  |              |               | 19:15 |
| 19:30 | ZM ABDOMINALES    |                   |                   | SC CICLO          |                  |              |               | 19:30 |
| 19:30 | S2 B. BALANCE     |                   | S1 B. PUMP        | S2 ZUMBA          | SC CICLO         |              |               | 19:30 |
| 19:45 |                   |                   | SC CICLO          |                   |                  |              |               | 19:45 |
| 20:00 | S1 STEP           |                   |                   |                   |                  |              |               | 20:00 |
| 20:00 | SC CICLO          | S1 B. ATTACK      | S2 SH'BAM         | S1 FITNESS        | PI AQUAFITNESS   |              |               | 20:00 |
| 20:15 |                   | ZM ABDOMINALES    |                   |                   |                  |              |               | 20:15 |
| 20:15 |                   | S2 PILATES        |                   |                   |                  |              |               | 20:15 |
| 20:30 |                   |                   |                   | ZM ABDOMINALES    |                  |              |               | 20:30 |
| 20:30 | S2 CROSS TRAINING |                   | S1 B. ATTACK      | S2 PILATES        | S1 B. COMBAT     |              |               | 20:30 |
| 20:45 |                   | SC CICLO          | EX FORUS RUNNERS  |                   |                  |              |               | 20:45 |
| 21:00 | SC CICLO          | S1 B. PUMP        |                   | S1 STEP           |                  |              |               | 21:00 |
| 21:00 | S1 B. COMBAT      |                   |                   | SC CICLO          |                  |              |               | 21:00 |

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 a partir de los 12 años. Las actividades 30, BASIC, Abdomen, CX-Worx, E.Funcional, Estiramientos y Forus Runners ini. tienen una duración de 30 minutos. Ciclo Indoor, Indoor Walking, Hipopresivos y Sh'Bam tienen una duración de 45'. El resto de actividades tienen una duración de 50'.

**FORUS RUNNERS** empieza el 1 de NOVIEMBRE

