

HORARIOS JOSÉ GARCÉS

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 MIENTE

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 | PI AQUADYNAMIC | | S2 ESTIRAMIENTOS | | | | | 08:00 |
| 08:15 | | ZM FUNCIONAL | | | | | | 08:15 |
| 08:30 | ZM FUNCIONAL | | | S1 B. PUMP | | | | 08:30 |
| 08:45 | | | S1 AF-MAYORES | | | | | 08:45 |
| 09:00 | S2 AF-MAYORES | | S2 B. COMBAT | | S1 EN FORMA | | | 09:00 |
| 09:15 | PI FORUS SWIMMERS | | | | PI AQUAFITNESS | | | 09:15 |
| 09:30 | | | | ZM FUNCIONAL | | | | 09:30 |
| 09:45 | S1 B. PUMP | S1 B. ATTACK | S1 CROSS TRAINING | S1 ESPALDA SANA | | SC CICLO | | 09:45 |
| 10:00 | | SC CICLO | | SC CICLO | | S2 SH'BAM | SC CICLO | 10:00 |
| 10:15 | | S2 B. BALANCE | | S2 B. BALANCE | | | | 10:15 |
| 10:30 | | | ZM ABDOMINALES | | S1 B. COMBAT | | S1 B. COMBAT | 10:30 |
| 10:45 | S2 SH'BAM | | | | ZM ESTIRAMIENTOS | | | 10:45 |
| 11:00 | SC CICLO | | S2 PILATES | | S2 ZUMBA | | | 11:00 |
| 11:15 | | PI AQUADYNAMIC | | S1 ZUMBA | | S1 B. PUMP | | 11:15 |
| 11:30 | S1 B. COMBAT | S1 ZUMBA | SC CICLO | S2 GAP | | S2 B. BALANCE | S2 PILATES | 11:30 |
| 11:45 | | S2 GAP | S1 STEP | PI AQUAFITNESS | | | | 11:45 |
| 12:00 | | | | | SC CICLO | | S1 B. PUMP | 12:00 |
| 12:15 | S2 PILATES | | S2 YOGA | | S1 B. PUMP | | | 12:15 |
| 12:30 | | | | | S2 B. BALANCE | | | 12:30 |
| 12:45 | | ZM ABDOMINALES | | S1 COMBAT-BALANCE | | SC CICLO | | 12:45 |
| 13:00 | SC CICLO | S2 PILATES | S1 B. PUMP | SC CICLO | | S1 ZUMBA | SC CICLO | 13:00 |
| 13:15 | S1 EN FORMA | S1 ESPALDA SANA | PI AQUAFITNESS | S2 PILATES | | | | 13:15 |
| 13:30 | | | | | S1 AF-MAYORES | | S2 B. BALANCE | 13:30 |
| 13:45 | S2 ESPALDA SANA | SC CICLO | S2 SH'BAM | | S2 HIPOPRESIVOS | | | 13:45 |
| 14:00 | | | | S1 CXWORX | | S2 PILATES | | 14:00 |
| 14:15 | S1 YOGA | | S1 HIPOPRESIVOS | | | S1 B. ATTACK | S1 GAP | 14:15 |
| 14:30 | | | SC CICLO | S2 YOGA | | | | 14:30 |
| 14:45 | | ZM FUNCIONAL | ZM FUNCIONAL | ZM FUNCIONAL | | | | 14:45 |
| 15:00 | S1 B. PUMP | SC CICLO | PI FORUS SWIMMERS | SC CICLO | S1 B. COMBAT | | | 15:00 |
| 15:15 | | | S2 B. BALANCE | | | | | 15:15 |
| 15:30 | SC CICLO | | SC CICLO | | S1 B. PUMP | | | 15:30 |
| 16:00 | SP BAILE 4-7 | | S1 CXWORX | S2 HIPOPRESIVOS | S1 CXWORX | | | 16:00 |
| 16:30 | | | | | S2 YOGA | | | 16:30 |
| 17:00 | | | SP PREDEPORTE 4-7 | S1 B. PUMP | ZM FUNCIONAL | | | 17:00 |
| 17:15 | SC CICLO+12 | | PI AQUAFITNESS | | | | | 17:15 |
| 17:30 | S1 GAP | S1 FITNESS | S2 YOGA | | S2 BAILE 8-11 | | | 17:30 |
| 17:45 | | SC CICLO | | | | | | 17:45 |
| 18:00 | S2 PILATES | S2 SH'BAM+12 | S1 ZUMBA +12 | SC CICLO+12 | SC CICLO | | | 18:00 |
| 18:15 | | | | S2 B. BALANCE | S1 ESPALDA SANA | | | 18:15 |
| 18:30 | SC CICLO | | SC CICLO | S1 B. ATTACK | S2 ZUMBA | | | 18:30 |
| 18:45 | S1 B. PUMP | S1 B. COMBAT | S2 GAP | | | | | 18:45 |
| 19:00 | | S2 B. BALANCE | | | | | | 19:00 |
| 19:15 | | EX FORUS RUNNERS | | | | | | 19:15 |
| 19:30 | S2 ZUMBA | | S1 ESPALDA SANA | EX RUNNERS INI | S1 B. PUMP | | | 19:30 |
| 19:45 | ZM FUNCIONAL | | ZM FUNCIONAL | S2 CROSS TRAINING | | | | 19:45 |
| 20:00 | S1 B. ATTACK | S1 ZUMBA | S2 PILATES | S1 B. COMBAT | S2 B. BALANCE | | | 20:00 |
| 20:15 | | SC CICLO | | | | | | 20:15 |
| 20:30 | | S2 CROSS TRAINING | | SC CICLO | | | | 20:30 |
| 20:45 | ZM ABDOMINALES | | | SC CICLO | | | | 20:45 |
| 21:00 | S2 B. BALANCE | | S1 B. PUMP | S2 ZUMBA | SC CICLO | | | 21:00 |
| 21:15 | | | SC CICLO | | | | | 21:15 |
| 21:30 | S1 STEP | | S2 SH'BAM | S1 FITNESS | PI AQUAFITNESS | | | 21:30 |
| 21:45 | SC CICLO | S1 B. ATTACK | | | | | | 21:45 |
| 22:00 | | ZM ABDOMINALES | | | | | | 22:00 |
| 22:15 | | S2 PILATES | | | | | | 22:15 |
| 22:30 | | | | ZM ABDOMINALES | | | | 22:30 |
| 22:45 | S2 CROSS TRAINING | | S1 B. ATTACK | S2 PILATES | S1 COMBAT-CXWORX | | | 22:45 |
| 23:00 | SC CICLO | SC CICLO | EX FORUS RUNNERS | | | | | 23:00 |
| 23:15 | S1 B. COMBAT | S1 B. PUMP | | S1 STEP | | | | 23:15 |
| 23:30 | | | | SC CICLO | PI FORUS SWIMMERS | | | 23:30 |

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. A las actividades +12, podrán asistir todos los usuarios a partir de los 12 años. Las actividades: Abdomen, E.funcional, CxWorks, Estiramientos y Forus Runners Ini. tienen una duración de 25'. Ciclo Indoor tiene una duración de 45'. El resto de actividades tienen una duración de 50'.

