

# HORARIO FORUS LA FLOTA

De lunes a viernes: de 7:00h a 23:00h

Sábados: de 9:00h a 15:00h.

Domingos y festivos: de 09:00h a 15:00h

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



| HORA  | LUNES              | MARTES             | MIÉRCOLES          | JUEVES             | VIERNES            | SÁBADO             | DOMINGO      | HORA  |
|-------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------|-------|
| 07:15 | S1 FITNESS ★       | CI CICLO           | S1 GAP             | CI CICLO           | S1 B. PUMP         |                    |              | 07:15 |
| 07:30 |                    |                    |                    |                    |                    |                    |              | 07:30 |
| 07:45 |                    |                    |                    |                    |                    |                    |              | 07:45 |
| 08:30 | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       |                    |              | 08:30 |
| 08:30 | S4 PILATES ★       | S4 ESPALDA SANA ★  | S4 PILATES ★       | S4 ESPALDA SANA ★  | S4 PILATES ★       |                    |              | 08:30 |
| 09:00 |                    |                    |                    |                    |                    |                    |              | 09:00 |
| 09:00 |                    |                    | SF FORUS EXPERIENC |                    | SF FUNCIONAL       |                    |              | 09:00 |
| 09:15 | S1 B. PUMP         | S1 GAP             | S1 JUMPING         | S1 FITNESS         | EX FORUS RUNNERS   | CI CICLO           | CI CICLO     | 09:15 |
| 09:15 | EX FORUS RUNNERS   |                    | EX FORUS RUNNERS   |                    | S1 ZUMBA           |                    |              | 09:15 |
| 09:15 |                    |                    |                    |                    |                    |                    |              | 09:15 |
| 09:30 | SF FORUS EXPERIENC | SF QUEENAX         |                    |                    |                    |                    |              | 09:30 |
| 09:30 | S4 PILATES ★       | S4 YOGA ★          | S4 PILATES ★       | S4 YOGA ★          | S4 PILATES ★       |                    |              | 09:30 |
| 09:30 | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       | S2 PILATES ★       |                    |              | 09:30 |
| 09:30 | CI CICLO           | CI CICLO           | CI CICLO           | CI CICLO           | CI CICLO           | S4 YOGA            |              | 09:30 |
| 09:45 |                    |                    |                    |                    |                    |                    |              | 09:45 |
| 09:45 |                    |                    |                    |                    |                    |                    |              | 09:45 |
| 10:00 |                    |                    | SF FUNCIONAL       |                    |                    |                    |              | 10:00 |
| 10:15 |                    |                    | S1 B. PUMP         |                    | SF FORUS EXPERIENC | CI CICLO           | S1 FITNESS   | 10:15 |
| 10:15 |                    |                    |                    |                    |                    | S1 B. PUMP         |              | 10:15 |
| 10:30 |                    |                    |                    |                    |                    |                    |              | 10:30 |
| 10:30 | SF FUNCIONAL       | SF FORUS EXPERIENC | SF QUEENAX         | SF ANTIGRAVITY     | S1 FITNESS         |                    |              | 10:30 |
| 10:30 | S1 B. ATTACK       | S1 ZUMBA           |                    | S1 ZUMBA           |                    |                    |              | 10:30 |
| 10:45 | S2 EN FORMA        | S2 EN FORMA        | S2 EN FORMA        | S2 EN FORMA        | S2 EN FORMA        |                    |              | 10:45 |
| 10:45 |                    | CI CICLO           |                    | S4 MEDITACIÓN      | S4 YOGA            |                    |              | 10:45 |
| 11:00 | PI AQUAFITNESS     |                    | PI AQUAFITNESS     |                    |                    |                    |              | 11:00 |
| 11:00 | S4 YOGA            |                    | S4 YOGA            |                    |                    |                    |              | 11:00 |
| 11:00 | CI CICLO           |                    | CI CICLO           |                    | PI AQUAFITNESS     |                    |              | 11:00 |
| 11:15 |                    |                    |                    |                    | SF QUEENAX         | CI CICLO           | CI CICLO     | 11:15 |
| 11:15 |                    |                    |                    |                    |                    | SF FORUS EXPERIENC |              | 11:15 |
| 11:30 | S1 ABDOMINALES     | SF ANTIGRAVITY     | SF ABDOMINALES     | SF FORUS EXPERIENC |                    |                    |              | 11:30 |
| 11:30 |                    |                    |                    |                    |                    |                    |              | 11:30 |
| 11:45 | S2 PILATES         | S2 PILATES         | S2 PILATES         | S2 PILATES         | S2 ABDOMINALES     |                    |              | 11:45 |
| 12:00 | S1 ESTIRAMIENTOS   |                    | SF ESTIRAMIENTOS   |                    |                    |                    |              | 12:00 |
| 12:15 |                    | PI AQUAFITNESS     |                    | PI AQUAFITNESS     | S2 ESTIRAMIENTOS   | SF FUNCIONAL       | S2 PILATES   | 12:15 |
| 12:15 |                    |                    |                    |                    |                    | S2 PILATES         |              | 12:15 |
| 12:30 | PI AQUAFITNESS     |                    | PI AQUAFITNESS     |                    |                    |                    |              | 12:30 |
| 12:45 |                    |                    |                    | SF ABDOMINALES     |                    |                    |              | 12:45 |
| 13:00 |                    |                    |                    |                    |                    |                    | SF FUNCIONAL | 13:00 |
| 13:15 |                    |                    |                    |                    |                    |                    |              | 13:15 |
| 14:00 |                    |                    |                    |                    |                    |                    |              | 14:00 |
| 14:30 |                    | S1 B. PUMP         |                    | S1 B. PUMP         |                    |                    |              | 14:30 |
| 14:30 | CI CICLO           | CI CICLO           | CI CICLO           | CI CICLO           | CI CICLO           |                    |              | 14:30 |
| 14:45 |                    |                    |                    |                    |                    |                    |              | 14:45 |
| 15:00 |                    |                    |                    |                    |                    |                    |              | 15:00 |
| 15:30 |                    | SF FUNCIONAL       |                    | SF FUNCIONAL       |                    |                    |              | 15:30 |
| 15:45 | S2 PILATES         |                    | S2 PILATES         |                    |                    |                    |              | 15:45 |
| 16:00 |                    |                    |                    |                    | S1 B. ATTACK       |                    |              | 16:00 |
| 16:30 | SF ABDOMINALES     |                    |                    |                    |                    |                    |              | 16:30 |
| 17:00 | S1 GAP             |                    | S1 GAP             | S1 FITNESS         | S1 B. PUMP         |                    |              | 17:00 |
| 17:15 |                    | SF FORUS EXPERIENC |                    |                    |                    |                    |              | 17:15 |
| 17:30 |                    |                    |                    |                    | S2 PILATES         |                    |              | 17:30 |
| 18:00 | S2 PILATES         |                    | S2 PILATES         |                    |                    |                    |              | 18:00 |
| 18:00 | S1 B. PUMP         | S1 FITNESS         | S1 B. PUMP         | S1 ZUMBA           |                    |                    |              | 18:00 |
| 18:15 |                    |                    | SF ESTIRAMIENTOS   |                    | S1 GAP             | SF FORUS EXPERIENC |              | 18:15 |
| 18:30 |                    | CI CICLO           |                    | CI CICLO           | S2 YOGA            |                    |              | 18:30 |
| 18:45 |                    |                    | SF FORUS EXPERIENC |                    |                    |                    |              | 18:45 |
| 19:00 | CI CICLO           | S2 PILATES         | CI CICLO           | S1 B. PUMP         | SF FORUS EXPERIENC |                    |              | 19:00 |
| 19:00 | S1 B. ATTACK       | S1 B. COMBAT       | S1 B. ATTACK       | S2 PILATES         |                    |                    |              | 19:00 |
| 19:00 | S2 YOGA            |                    | S2 YOGA            |                    |                    |                    |              | 19:00 |
| 19:00 | SF ANTIGRAVITY     |                    |                    |                    |                    |                    |              | 19:00 |
| 19:15 |                    |                    |                    |                    | CI CICLO           |                    |              | 19:15 |
| 19:30 | PI AQUAFITNESS     | SF ABDOMINALES     | PI AQUAFITNESS     | SF ABDOMINALES     | PI AQUAFITNESS     | CI CICLO           | CI CICLO     | 19:30 |
| 19:45 |                    |                    | SF ANTIGRAVITY     |                    | S1 ZUMBA           |                    |              | 19:45 |
| 20:00 | CI CICLO           | CI CICLO           | S1 ZUMBA           | CI CICLO           | S2 ABDOMINALES     |                    |              | 20:00 |
| 20:00 | S1 ZUMBA           | S1 JUMPING         |                    | S2 PILATES         |                    |                    |              | 20:00 |
| 20:00 | SF FORUS EXPERIENC | S2 PILATES         |                    |                    |                    |                    |              | 20:00 |
| 20:00 |                    |                    |                    |                    |                    |                    |              | 20:00 |
| 20:15 |                    | SF FORUS EXPERIENC | CI CICLO           | SF FORUS EXPERIENC |                    |                    |              | 20:15 |
| 20:15 |                    | PI AQUAFITNESS     | PI AQUAFITNESS     | PI AQUAFITNESS     |                    |                    |              | 20:15 |
| 20:15 |                    |                    |                    | S1 B. COMBAT       |                    |                    |              | 20:15 |
| 20:30 | EX RUNNERS AV      |                    | EX RUNNERS AV      |                    |                    |                    |              | 20:30 |
| 20:30 | PI AQUAFITNESS     |                    |                    |                    | S2 ESTIRAMIENTOS   |                    |              | 20:30 |
| 20:30 | S2 PILATES         | S4 YOGA            | S2 PILATES         | S4 YOGA            | CI CICLO           |                    |              | 20:30 |
| 20:45 |                    |                    | SF FUNCIONAL       |                    |                    |                    |              | 20:45 |
| 21:00 | SF FUNCIONAL       | S1 GAP             |                    | S2 ESPALDA SANA    |                    |                    |              | 21:00 |
| 21:00 |                    | S2 ZUMBA           |                    |                    |                    |                    |              | 21:00 |
| 21:15 |                    |                    | SF ABDOMINALES     | S1 ZUMBA           |                    |                    |              | 21:15 |
| 21:15 | S1 B. PUMP         | SF FUNCIONAL       | S1 B. PUMP         | SF FUNCIONAL       |                    |                    |              | 21:15 |
| 21:15 | CI CICLO           | CI CICLO           | CI CICLO           | CI CICLO           |                    |                    |              | 21:15 |
| 21:30 | S2 ABDOMINALES     |                    | S2 B. ATTACK       |                    |                    |                    |              | 21:30 |
| 21:45 |                    |                    |                    |                    |                    |                    |              | 21:45 |
| 22:00 | S2 ESTIRAMIENTOS   |                    |                    |                    |                    |                    |              | 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.

LAS ACTIVIDADES , ABDOMEN, E. FUNCIONAL, ESTIRAMIENTOS Y MEDITACIÓN TENDRÁN UNA DURACIÓN DE 25 MIN.