

HORARIO FORUS MÓSTOLES

De Lunes a viernes: de 08.00 a 23.00h

Sábado: de 09.00 a 22:00h

Domingos y festivos: de 09.00 a 14:00h

CUERPO Y MENTE ACUÁTICAS JUNIOR Y FAMILIARES

TONIFICACIÓN SENIOR

CARDIOVASCULARES RAQUETA



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|-------------------|------------------|-------------------|------------------|--------------------|-------------------|--------------------|-------|
| 08:00 | | | | | | | | 08:00 |
| 08:15 | SC CICLO | | S1 B. PUMP | SC CICLO | S2 B. BALANCE | | | 08:15 |
| 08:30 | | | | | | | | 08:30 |
| 08:45 | PI FORUS SWIMMERS | | | | | | | 08:45 |
| 09:00 | | | | | | | | 09:00 |
| 09:15 | | | | | | | | 09:15 |
| 09:30 | | PI AQUAFITNESS | S2 CXWORX | EX FORUS RUNNERS | S2 PILATES BASIC | SC CICLO | ZF FUNCIONAL | 09:30 |
| 09:45 | S2 PILATES | S1 B. PUMP | S1 ZUMBA | S1 EN FORMA | S1 COMBAT 30' | | | 09:45 |
| 09:45 | PI AQUADYNAMIC | | | | PI AQUADYNAMIC | | | 09:45 |
| 10:00 | S1 B. COMBAT | | | | EX RUNNERS INI | | | 10:00 |
| 10:00 | SC CICLO | EX FORUS RUNNERS | S2 B. BALANCE | S2 ATTACK-CXWORX | S2 EN FORMA | S2 B. BALANCE | S2 PILATES | 10:00 |
| 10:15 | | S2 PILATES | SC CICLO | | S1 SH'BAM | | SC CICLO | 10:15 |
| 10:30 | | | PI AQUADYNAMIC | SC CICLO | | | | 10:30 |
| 10:45 | | S1 B. ATTACK | | S1 ZUMBA | PI FORUS SWIMMERS | | | 10:45 |
| 10:45 | S2 YOGA | | S1 COMBAT BASIC | PI AQUADYNAMIC | | | | 10:45 |
| 11:00 | S1 B. PUMP | SC CICLO | | S2 B. BALANCE | SC CICLO | S1 B. COMBAT | | 11:00 |
| 11:00 | PI AQUAFITNESS | | S2 PILATES | | S2 YOGA | | | 11:00 |
| 11:15 | | | S1 DANCE | | | | | 11:15 |
| 11:15 | | S2 EN FORMA | SC CICLO | | S1 ESTIRAMIENTOS | | S1 B. PUMP | 11:15 |
| 11:30 | | | PI AQUAFITNESS | | | SC CICLO | | 11:30 |
| 11:30 | | | EX PÁDEL FREE | | | | | 11:30 |
| 11:30 | SC CICLO 30' | | | | | | S2 PREDEPORTE 4-7 | 11:30 |
| 11:45 | S2 EN FORMA | S1 SH'BAM | | SC CICLO BASIC | S1 FITNESS | | | 11:45 |
| 11:45 | | | | S1 B. PUMP | | | | 11:45 |
| 12:00 | S1 ZUMBA | SC FORUS BIKERS | S2 PUMP 30' | S2 MAMÁS Y BEBÉS | S2 PUMP-CXWORX | S1 B. PUMP | | 12:00 |
| 12:15 | | S2 B. BALANCE | | | | | ZF ABDOMINALES | 12:15 |
| 12:30 | | | S2 HIPOPRESIVOS | | | ZF FUNCIONAL | S2 MULTIDEPORTE 8- | 12:30 |
| 12:45 | | | | ZF ABDOMINALES | | | SC CICLO | 12:45 |
| 13:00 | | | | | | S1 ZUMBA +12 | | 13:00 |
| 14:00 | | | | | | | | 14:00 |
| 14:15 | PI FORUS SWIMMERS | ZF ABDOMINALES | | | | | | 14:15 |
| 14:30 | S1 B. PUMP | S2 PILATES | PI FORUS SWIMMERS | SC CICLO | S2 CROSS TRAINING | | | 14:30 |
| 14:45 | | SC CICLO | | S2 SH'BAM | | | | 14:45 |
| 16:30 | | | | | | | | 16:30 |
| 16:45 | SC CICLO+12 | | | | | | | 16:45 |
| 17:00 | | | | | EX KIDS RUNNERS 8- | | | 17:00 |
| 17:00 | | | | S1 SH'BAM+12 | S2 HIPOPRESIVOS | | | 17:00 |
| 17:15 | S1 DANCE | | | S2 BAILE 4-7 | SC CICLO | | | 17:15 |
| 17:15 | | S1 PUMP 30' | | | | | | 17:15 |
| 17:30 | | S2 BAILE 8-11 | S1 ZUMBA | ZF ABDOMINALES | | | | 17:30 |
| 17:30 | | | PI ACUÁTICOS 4-7 | | | | | 17:30 |
| 17:45 | SC FORUS BIKERS | S1 COMBAT+12 | SC CICLO 30' | | | | | 17:45 |
| 18:00 | | | S2 PILATES+12 | | | ZF ABDOMINALES | | 18:00 |
| 18:00 | | SC CICLO | | S1 B. ATTACK | S2 EMBARAZADAS | | | 18:00 |
| 18:15 | S2 B. BALANCE | | | S2 YOGA | PI AQUAFITNESS+12 | | | 18:15 |
| 18:30 | | | SC CICLO | | | | | 18:30 |
| 18:30 | S1 B. PUMP | S2 CXWORX | S1 GAP | SC CICLO | S1 B. COMBAT | SC CICLO | | 18:30 |
| 18:45 | SC CICLO | S1 SH'BAM | | | | | | 18:45 |
| 19:00 | EX PÁDEL FREE | S2 B. BALANCE | S2 ATTACK-CXWORX | S1 B. COMBAT | S2 PILATES | | | 19:00 |
| 19:00 | | EX RUNNERS INI | | PI AQUADYNAMIC | | | | 19:00 |
| 19:15 | S2 PILATES | SC CICLO | ★ | S2 B. BALANCE | SC CICLO MAX | | | 19:15 |
| 19:15 | PI AQUADYNAMIC | PI AQUADYNAMIC | | | | | | 19:15 |
| 19:30 | | | | | | S2 CROSS TRAINING | | 19:30 |
| 19:30 | | | EX RUNNERS AV | EX PÁDEL FREE | S1 ZUMBA | ★ | | 19:30 |
| 19:30 | S1 B. ATTACK | ZF FUNCIONAL | S1 B. PUMP | SC CICLO | | | | 19:30 |
| 19:45 | EX FORUS RUNNERS | S1 ATTACK-PUMP | SC CICLO | | | | | 19:45 |
| 19:45 | | | | | | | | 19:45 |
| 20:00 | SC CICLO | ★ S2 ABDOMINALES | S2 B. BALANCE | S1 ZUMBA | ★ S2 CXWORX | | | 20:00 |
| 20:00 | | | PI AQUAFITNESS | | EX PÁDEL FREE | | | 20:00 |
| 20:15 | | | | | | | | 20:15 |
| 20:15 | S2 GAP | | | S2 PILATES | | | | 20:15 |
| 20:30 | | SC CICLO | | | | | | 20:30 |
| 20:30 | S1 ZUMBA | ★ S2 YOGA | S1 B. COMBAT | | S1 B. PUMP | | | 20:30 |
| 20:45 | | S1 ZUMBA | | | | | | 20:45 |
| 20:45 | ZF FUNCIONAL | | | | | | | 20:45 |
| 21:00 | | | S2 CROSS TRAINING | S1 B. PUMP | | | | 21:00 |
| 21:15 | SC CICLO | | PI FORUS SWIMMERS | | | | | 21:15 |
| 21:15 | PI FORUS SWIMMERS | | | | | | | 21:15 |
| 21:30 | S1 B. COMBAT | S2 HIPOPRESIVOS | S1 SH'BAM | SC CICLO | | | | 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 aquellos usuarios que tengan más de 12 año, teniendo prioridad aquellos con edades comprendidas entre los 12 y 15 años.

Las actividades 30: BASIC, E.FUNCIONAL, ABDOMINALES, RUNNERS INI., tendrán una duración de 25'.

Las actividades de PADEL, son clases partido gratuitas para todos los abonados, si quieres participar apuntate en recepción