

FORUS LAS BRIDAS

Horario

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

Sábados domingos y festivos: de 9:00h a 21:00h.

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA



| HORA  | LUNES                | MARTES               | MIÉRCOLES            | JUEVES               | VIERNES              | SÁBADO        | DOMINGO | HORA  |
|-------|----------------------|----------------------|----------------------|----------------------|----------------------|---------------|---------|-------|
| 08:00 |                      | GYM PERSONAL TRAINER |                      | A2 I. WALKING        |                      |               |         | 08:00 |
| 10:00 | A2 I. WALKING        | A4 PILATES           | A3 CROSS-TRX         | A3 FUNCIONAL         | PISC AQUARUNNING     | A3 YOGA       |         | 10:00 |
| 11:00 | GYM PERSONAL TRAINER |                      | GYM PERSONAL TRAINER |                      | GYM PERSONAL TRAINER | A2 I. WALKING |         | 11:00 |
| 11:15 |                      |                      |                      |                      | A2 I. WALKING        |               |         | 11:15 |
| 11:30 |                      | PISC REHABILITACIÓN  |                      | PISC REHABILITACIÓN  |                      |               |         | 11:30 |
| 12:10 |                      | GYM PERSONAL TRAINER |                      | GYM CIRCUIT TRAINING |                      |               |         | 12:10 |
| 12:15 |                      |                      |                      |                      | GYM RECUPERACIÓN     |               |         | 12:15 |
| 14:10 | A1 BODYGAP           |                      | A2 I. WALKING        |                      |                      |               |         | 14:10 |
| 15:10 | A2 I. WALKING        |                      | A4 PILATES           |                      |                      |               |         | 15:10 |
| 16:00 | PISC AQUARUNNING     |                      | PISC AQUAFITNESS     |                      |                      |               |         | 16:00 |
| 17:00 | PAE PATINAJE (NIÑOS) |                      |                      |                      |                      |               |         | 17:00 |
| 17:05 |                      | GYM CIRCUIT          |                      |                      |                      |               |         | 17:05 |
| 17:15 | A1 CIRCUIT TRAINING  |                      |                      | A1 GAP               | A1 CIRCUIT TRAINING  |               |         | 17:15 |
| 18:00 | PAE PATINAJE (NIÑOS) | A3 ZUMBA KID (NIÑOS) | A3 KUGFU PANDA       | GYM PERSONAL TRAINER | A3 CROSS-TRX         |               |         | 18:00 |
| 18:00 |                      |                      |                      | A3 KIDS PILATES      |                      |               |         | 18:00 |
| 18:05 | A3 CROSS-TRX         |                      | GYM RECUPERACIÓN     |                      |                      |               |         | 18:05 |
| 19:00 | A1 RITMOS LATINOS    |                      | A1 RITMOS LATINOS    | A3 CROSS-TRX         |                      |               |         | 19:00 |
| 19:00 | GYM PERSONAL TRAINER | GYM PERSONAL TRAINER | GYM PERSONAL TRAINER | A2 I. WALKING        |                      |               |         | 19:00 |
| 19:05 |                      |                      |                      |                      | A1 BODYGAP           |               |         | 19:05 |
| 19:10 | A3 SUSPENSION        |                      | A3 SUSPENSION        |                      |                      |               |         | 19:10 |
| 19:15 |                      | A1 STEP&GAP          |                      |                      |                      |               |         | 19:15 |
| 19:50 |                      | A3 CROSS-TRX         |                      | A3 MARCIAL-DPI       |                      |               |         | 19:50 |
| 20:00 | A4 PILATES           |                      | A4 PILATES           |                      |                      |               |         | 20:00 |
| 20:05 | A2 INDOOR EXTREME    | A2 I. WALKING        | A2 INDOOR EXTREME    | A2 I. WALKING        | A4 YOGA              |               |         | 20:05 |
| 20:55 | A1 MARCIAL-DPI       |                      |                      |                      |                      |               |         | 20:55 |
| 21:00 | PISC AQUARUNNING     | A4 YOGA              | PISC AQUAFITNESS     |                      | GYM PERSONAL TRAINER |               |         | 21:00 |
| 21:05 |                      |                      |                      | A3 SUSPENSION        |                      |               |         | 21:05 |
| 21:30 |                      |                      | GYM PERSONAL TRAINER |                      |                      |               |         | 21:30 |
| 22:00 |                      | GYM CIRCUIT TRAINING |                      | A1 CIRCUIT TRAINING  |                      |               |         | 22:00 |

Las actividades marcadas con una estrella son actividades con reserva previa