



| HORA  | LUNES            | MARTES            | MIÉRCOLES         | JUEVES            | VIERNES          | SÁBADO              | DOMINGO         | HORA  |
|-------|------------------|-------------------|-------------------|-------------------|------------------|---------------------|-----------------|-------|
| 07:15 | S2 B. BALANCE    | SC CICLO          | SI I. WALKING     | S1 B. ATTACK      |                  |                     |                 | 07:15 |
| 08:15 | SI I. WALKING    | S1 B. PUMP        | PI AQUAFITNESS    | SC CICLO          | S2 PILATES       |                     |                 | 08:15 |
| 08:45 |                  |                   |                   | PI AQUAFITNESS    |                  |                     |                 | 08:45 |
| 09:00 | SC CICLO         |                   |                   | S1 AF-MAYORES     |                  |                     |                 | 09:00 |
| 09:15 | PI AQUADYNAMIC ★ | SC CICLO          |                   |                   |                  |                     |                 | 09:15 |
| 09:30 |                  | S2 YOGA           |                   |                   |                  |                     |                 | 09:30 |
| 09:30 | EX FORUS RUNNERS | S1 ABDOMINALES    | S2 EN FORMA       |                   | S2 EN FORMA      |                     |                 | 09:30 |
| 09:30 | S2 EN FORMA      | PI AQUAFITNESS ★  | SI I. WALKING     | S2 SH'BAM         | SC CICLO         | SI I. WALKING       | SI I. WALKING   | 09:30 |
| 09:45 | S1 B. PUMP       | SI I. WALKING ★   | S1 SH'BAM         | PI AQUADYNAMIC ★  | S1 SH'BAM        | S1 B. PUMP          | ★               | 09:45 |
| 09:45 |                  |                   | EX RUNNERS AV     |                   |                  |                     |                 | 09:45 |
| 10:00 |                  |                   |                   | EX RUNNERS INI    |                  |                     |                 | 10:00 |
| 10:00 |                  |                   | PI AQUADYNAMIC ★  | S1 B. PUMP        |                  |                     |                 | 10:00 |
| 10:00 | SI I. WALKING ★  | S1 B. ATTACK      | SC CICLO          | SI I. WALKING     | PI AQUADYNAMIC ★ | S2 PILATES          | S2 PILATES      | 10:00 |
| 10:15 | PI AQUAFITNESS ★ |                   | SC CICLO          | SC CICLO          |                  |                     | S1 SH'BAM       | 10:15 |
| 10:30 | S2 CXWORX        | SC CICLO          | S2 PILATES        | S2 B. BALANCE ★   | SC CICLO         | SC CICLO            | SC CICLO        | 10:30 |
| 10:30 | SF FUNCIONAL     | S2 B. BALANCE ★   |                   | SF FUNCIONAL      | S2 B. BALANCE    |                     |                 | 10:30 |
| 10:45 | S1 SH'BAM        | PI AQUADYNAMIC ★  | S1 B. COMBAT      | PI AQUAFITNESS ★  | SI I. WALKING    | S1 B. COMBAT        |                 | 10:45 |
| 10:45 |                  |                   |                   |                   | S1 CXWORX        |                     |                 | 10:45 |
| 11:00 | SI I. WALKING ★  | S1 ZUMBA          | PI AQUAFITNESS ★  | S1 B. COMBAT      | PI AQUAFITNESS ★ | S2 FAMILIAR         | S2 B. BALANCE   | 11:00 |
| 11:00 | S2 PILATES ★     |                   |                   |                   |                  |                     |                 | 11:00 |
| 11:15 | PI AQUADYNAMIC ★ |                   |                   |                   |                  |                     |                 | 11:15 |
| 11:15 | SC CICLO         |                   |                   | SI I. WALKING     | S1 B. ATTACK     |                     | S1 B. PUMP ★    | 11:15 |
| 11:30 |                  | SI I. WALKING ★   | SI I. WALKING     | S2 GAP            | S2 ZUMBA         | SI I. WALKING       | SI I. WALKING   | 11:30 |
| 11:30 |                  | S2 PILATES        | S2 ZUMBA ★        |                   | S1 MAMÁS Y BEBÉS |                     |                 | 11:30 |
| 11:45 | S1 B. COMBAT     | PI AQUAFITNESS ★  |                   |                   |                  | S1 GAP              |                 | 11:45 |
| 12:00 | S2 ABDOMINALES   | S1 GAP            | PI AQUADYNAMIC ★  | S1 ZUMBA          | PI AQUADYNAMIC ★ | S2 HIPOPRESIVOS     | S2 HIPOPRESIVOS | 12:00 |
| 12:00 |                  |                   | SC CICLO 30'      |                   |                  | SI I. WALKING BASIC |                 | 12:00 |
| 12:15 |                  |                   |                   |                   |                  | S1 B. PUMP          | S1 ZUMBA        | 12:15 |
| 12:30 |                  |                   |                   |                   |                  |                     |                 | 12:30 |
| 12:30 | S2 ZUMBA         |                   | S2 SH. BALANCE    | S2 PILATES        | S2 YOGA          | SC CICLO            | SC CICLO        | 12:30 |
| 12:45 |                  |                   |                   |                   |                  | S1 ZUMBA            | ★               | 12:45 |
| 13:00 |                  | S1 HIPOPRESIVOS ★ |                   |                   |                  | S2 B. BALANCE       |                 | 13:00 |
| 13:15 |                  |                   |                   |                   |                  |                     |                 | 13:15 |
| 13:30 |                  |                   |                   |                   | PI AQUAFITNESS   |                     |                 | 13:30 |
| 13:30 |                  |                   |                   |                   | SI I. WALKING    |                     |                 | 13:30 |
| 14:00 |                  |                   |                   | S1 PUMP BASIC     |                  |                     |                 | 14:00 |
| 14:15 |                  | S1 COMBAT-PUMP    | S1 B. ATTACK      | S2 ZUMBA          |                  |                     |                 | 14:15 |
| 14:30 | SI I. WALKING    | S2 PILATES        | SC CICLO          | SI I. WALKING     | S1 B. PUMP       |                     |                 | 14:30 |
| 14:45 | S1 PUMP 30'      |                   |                   |                   |                  |                     |                 | 14:45 |
| 15:15 |                  | SI I. WALKING 30' |                   |                   |                  |                     |                 | 15:15 |
| 16:30 | S1 GAP           | S2 PREDEPORTE 4-7 | S2 FITNESS        | S2 BAILE 4-7      | S2 EMBARAZADAS   |                     |                 | 16:30 |
| 16:45 | S2 PILATES BASIC | S1 B. ATTACK      |                   | S1 HIPOPRESIVOS   |                  |                     |                 | 16:45 |
| 17:00 |                  |                   | S1 STEP           |                   | S1 ZUMBA +12     |                     |                 | 17:00 |
| 17:15 | S2 BAILE 4-7     | SI I. WALKING     |                   |                   | SC CICLO BASIC   |                     |                 | 17:15 |
| 17:30 | S1 COMBAT BASIC  |                   |                   |                   | SI I. WALKING    |                     |                 | 17:30 |
| 17:30 | SI I. WALKING ★  |                   | S2 BAILE 4-7      |                   | S2 B. COMBAT     |                     |                 | 17:30 |
| 17:45 | SC CICLO         | S1 B. PUMP ★      | SI INDOOR+12 ★    | S1 SH'BAM         | SC CICLO         |                     |                 | 17:45 |
| 18:00 | S1 ZUMBA +12 ★   | ★                 | SC CICLO          | SI I. WALKING     | ★                | S1 B. ATTACK        |                 | 18:00 |
| 18:00 |                  |                   | S1 ZUMBA          | ★                 | SF FUNCIONAL     |                     |                 | 18:00 |
| 18:15 |                  |                   |                   |                   |                  |                     |                 | 18:15 |
| 18:15 | S2 B. BALANCE    | SI I. WALKING ★   |                   |                   | SI I. WALKING    | ★                   |                 | 18:15 |
| 18:30 | SI I. WALKING ★  | S2 PILATES        | S2 B. BALANCE     | S2 PILATES        | S2 PILATES       | S1 B. PUMP          |                 | 18:30 |
| 18:30 | SF FUNCIONAL     | SC CICLO          | ★                 | SC CICLO+12       | ★                |                     |                 | 18:30 |
| 18:45 | SC CICLO         | S1 SH'BAM         | ★                 | SI I. WALKING     | ★                | S1 ATTACK-PUMP      |                 | 18:45 |
| 18:45 | PI AQUADYNAMIC ★ |                   | PI AQUADYNAMIC ★  |                   |                  |                     |                 | 18:45 |
| 19:00 |                  |                   | S1 B. PUMP        | ★                 | PI AQUADYNAMIC   |                     |                 | 19:00 |
| 19:00 | S1 B. COMBAT     | PI AQUAFITNESS    | SC CICLO          |                   | SI I. WALKING    | S1 B. PUMP          |                 | 19:00 |
| 19:15 | S2 YOGA          | ★                 |                   |                   | EX FORUS RUNNERS | SC CICLO            |                 | 19:15 |
| 19:15 |                  |                   |                   |                   |                  |                     |                 | 19:15 |
| 19:30 |                  | EX RUNNERS INI    |                   |                   |                  |                     |                 | 19:30 |
| 19:30 |                  | SI I. WALKING ★   | SF FUNCIONAL      |                   |                  | S2 B. BALANCE       |                 | 19:30 |
| 19:30 | SI I. WALKING ★  | S2 YOGA           | ★                 | S2 SH'BAM         | S2 ABDOMINALES   | SI I. WALKING       | ★               | 19:30 |
| 19:45 | SC CICLO         | ★                 | S1 CXWORX         | SI I. WALKING     | ★                | S1 ZUMBA            | ★               | 19:45 |
| 19:45 | PI AQUAFITNESS   | SC CICLO          | PI AQUAFITNESS    |                   |                  |                     |                 | 19:45 |
| 20:00 |                  |                   |                   | SC CICLO          |                  |                     |                 | 20:00 |
| 20:00 | S1 ABDOMINALES   | PI FORUS SWIMMERS | EX RUNNERS AV     | PI AQUAFITNESS    |                  |                     |                 | 20:00 |
| 20:00 | EX FORUS RUNNERS | PI AQUAFITNESS    | S1 ABDOMINALES    | S2 B. COMBAT      |                  | S1 SH'BAM           |                 | 20:00 |
| 20:15 | S2 PILATES       | S1 B. COMBAT      |                   | SI I. WALKING     | PI AQUAFITNESS   |                     |                 | 20:15 |
| 20:15 |                  |                   |                   | PI FORUS SWIMMERS |                  |                     |                 | 20:15 |
| 20:15 |                  |                   |                   | SF ESTIRAMIENTOS  |                  |                     |                 | 20:15 |
| 20:30 |                  |                   | S1 B. ATTACK      |                   |                  |                     |                 | 20:30 |
| 20:30 |                  |                   | SC CICLO          |                   |                  |                     |                 | 20:30 |
| 20:30 | S1 B. ATTACK     | ★                 | S2 ZUMBA          | ★                 | S2 COMBAT 30'    |                     |                 | 20:30 |
| 20:45 | SI I. WALKING    | SI I. WALKING     | PI AQUADYNAMIC    | S1 B. PUMP        |                  |                     |                 | 20:45 |
| 20:45 | PI AQUAFITNESS   |                   |                   |                   |                  |                     |                 | 20:45 |
| 21:00 | SC CICLO         | SC FORUS BIKERS   | SI I. WALKING     | S2 YOGA           | S1 CXWORX        |                     |                 | 21:00 |
| 21:00 |                  |                   | S2 PILATES        |                   |                  |                     |                 | 21:00 |
| 21:15 | S2 ZUMBA         | S1 CROSS TRAINING |                   |                   |                  |                     |                 | 21:15 |
| 21:30 | S1 B. PUMP       |                   | S1 CROSS TRAINING |                   |                  |                     |                 | 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 los usuarios mayores de 12 años.  
 Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y F Runners Ini. tendrán una duración de 25 min.  
 Las actividades familiares están dirigidas a niños acompañados de adultos.  
 La actividad Forus Runners, Forus Bikers y Forus Swimmers son actividades con suscripción. Consulte en recepción