

# HORARIO ACTIVIDADES 08/03/21 CIERRE 22H

■ CUERPO MENTE 
 ■ ACUÁTICAS 
 ■ TONIFICACIÓN 
 ■ CARDIOVASCULARES 
 ■ BAILE 
 ■ INFANTILES Y FAMILIARES 
 ■ SENIOR 
 ■ FREE 
 ■ ENTRENA+ 
 ■ OUTDOOR

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

## SÁBADO

## DOMINGO

| Horario | LUNES              | MARTES            | MIÉRCOLES                | JUEVES               | VIERNES           | SÁBADO            | DOMINGO           |
|---------|--------------------|-------------------|--------------------------|----------------------|-------------------|-------------------|-------------------|
| 07:15   | S2 YOGA            | SC CICLO          | SI I. WALKING            | S1 FITNESS           | S1 B. PUMP        | SI ★ I. WALKING   | SI ★ I. WALKING   |
| 08:45   | SC CICLO           | S1 B. PUMP        | S2 YOGA                  | SI ★ I. WALKING      | S2 PILATES        | S1 B. PUMP        | S2 ABDOMINALES    |
| 09:15   | S1 EN FORMA        | PI AQUADYNAMIC    | SI ★ I. WALKING          | S2 YOGA              | SC ★ CICLO        | SL PILATES        | S1 SH'BAM         |
| 09:15   | PI AQUAFITNESS     | S2 ABDOMINALES    | SL ★ SH'BAM              | PI FORUS SWIMMERS    | S2 ★ ZUMBA        | SC ★ CICLO        | S2 ★ PILATES      |
| 09:30   | S2 ABDOMINALES     | SC ★ CICLO        | S1 GAP                   | S1 SH'BAM            | SI I. WALKING     | S1 ★ B. COMBAT    | SC ★ CICLO        |
| 09:45   | SI ★ I. WALKING    | S2 SH'BAM         | 10:00 SC ★ CICLO         | S1 EX ★ FORXTRAINING | S1 EN FORMA       | S2 CROSS TRAINING | S1 ★ B. PUMP      |
| 10:00   | SC ★ CICLO         | PI AQUAFITNESS    | 10:30 S2 PILATES         | SI ★ I. WALKING      | S2 ★ B. BALANCE   | EX ★ FORXTRAINING | S2 ★ B. BALANCE   |
| 10:00   | S2 ★ ZUMBA         | S1 B. ATTACK      | 10:30 SI I. WALKING      | PI AQUAFITNESS       | SC CICLO          | SI ★ I. WALKING   | SI ★ I. WALKING   |
| 10:15   | S1 B. PUMP         | SI ★ I. WALKING   | 10:45 S1 ZUMBA           | S1 B. PUMP           | SI I. WALKING     | S1 GAP            | S2 CROSS MIX 4-11 |
| 10:45   | SI I. WALKING      | S2 B. BALANCE     | 11:00 PI AQUAFITNESS     | S2 B. BALANCE        | PI AQUAFITNESS    | SC ★ CICLO        | S1 ★ ZUMBA        |
| 11:00   | SL ★ PILATES       | S1 ZUMBA          | 11:30 SL ★ B. COMBAT     | SC CICLO             | SL ★ B. ATTACK    | PI AQUA FAMILY    | EX ★ FORXTRAINING |
| 11:15   | S1 SH'BAM          | SI ★ I. WALKING   | 11:45 S1 B. PUMP         | S1 B. COMBAT         | S2 SH'BAM         | S1 ★ ZUMBA        | S2 DINAMIZACIÓN   |
| 11:15   | PI AQUADYNAMIC     | EX ★ FORXTRAINING | 12:00 PI AQUADYNAMIC     | PI AQUADYNAMIC       | PI AQUADYNAMIC    | S2 B. BALANCE     | S1 GAP            |
| 11:45   | EX ★ FORXTRAINING  | S2 PILATES        | 12:30 S2 B. BALANCE      | SL ★ ZUMBA           | EX ★ FORXTRAINING | PI AQUAFITNESS    | PI AQUAFITNESS    |
| 12:00   | S2 B. BALANCE      | SC CICLO          | 12:30 EX ★ FORXTRAINING  | S1 GAP               | S1 B. PUMP        | S2 MOVE MIX 4-11  | S2 BALANCE FAMILY |
| 12:15   | SL ★ B. COMBAT     | PI AQUAFITNESS    | 12:45 S1 ABDOMINALES     | S2 PILATES           | S2 YOGA           | S2 DINAMIZACIÓN   |                   |
| 14:30   | S1 B. PUMP         | S1 HIPOPRESIVOS   | 14:30 SC CICLO           | S1 CXWORX            | SL ★ ABDOMINALES  | S1 B. PUMP        |                   |
| 14:45   | SI I. WALKING      | S2 PILATES        | 15:30 SL ★ ABDOMINALES   | SI I. WALKING        | S1 B. PUMP        | SL ★ YOGA         |                   |
| 16:15   | S2 BODY GAMES 4-7  | S1 CXWORX         | 16:30 S2 YOGA KIDS 8-11  | S1 B. PUMP           | S2 HIPOPRESIVOS   | EX BODY GAMES 4-7 |                   |
| 17:00   | EX ★ FORXTRAINING  | SI I. WALKING 30' | 16:45 SI ★ I. WALKING    | S2 HIPOPRESIVOS      | S1 B. COMBAT      | S1 B. COMBAT      |                   |
| 17:15   | S2 B. BALANCE      | S2 GYM GAMES 4-7  | 17:00 S1 GAP             | SC ★ CICLO           | S1 B. COMBAT      | S1 B. COMBAT      |                   |
| 17:30   | SI ★ I. WALKING    | SL ★ B. ATTACK    | 17:45 SI ★ I. WALKING    | SL ★ SH'BAM          | SL ★ ZUMBA        | SL ★ ZUMBA        |                   |
| 17:30   | S1 GAP             | SI ★ I. WALKING   | 18:00 SC ★ CICLO         | S2 SPORT GAMES 4-7   | SC ★ CICLO MAX    | SC ★ CICLO MAX    |                   |
| 17:45   | SC ★ CICLO         | S1 ★ B. PUMP      | 18:00 S2 ★ CXWORX        | SI ★ I. WALKING      | EX ★ FORXTRAINING | EX ★ FORXTRAINING |                   |
| 18:15   | S2 DANCE           | SI ★ I. WALKING   | 18:00 S1 ZUMBA           | S1 B. ATTACK         | S1 B. ATTACK      | S1 B. ATTACK      |                   |
| 18:30   | SI ★ I. WALKING    | S2 ★ PILATES      | 18:30 S2 B. BALANCE      | SL ★ ABDOMINALES     | SI ★ I. WALKING   | SI ★ I. WALKING   |                   |
| 18:30   | EX SPORT KIDS 8-11 | EX GYM KIDS 8-11  | 18:30 EX SPORT GAMES 4-7 | S2 ★ PILATES         | SL ★ PILATES      | SL ★ PILATES      |                   |
| 18:45   | PI AQUADYNAMIC     | SC ★ CICLO        | 18:45 PI AQUADYNAMIC     | SI ★ I. WALKING      | S1 ★ B. PUMP      | S1 ★ B. PUMP      |                   |
| 19:00   | S1 ★ B. COMBAT     | S1 SH'BAM         | 19:00 SI ★ I. WALKING    | PI AQUADYNAMIC       | SC ★ CICLO        | SC ★ CICLO        |                   |
| 19:00   | SC ★ CICLO         | PI AQUAFITNESS    | 19:00 S1 ★ B. PUMP       | EX FORUS RUNNERS     | S2 B. BALANCE     | S2 B. BALANCE     |                   |
| 19:15   | S2 YOGA            | EX FORUS RUNNERS  | 19:30 SL ★ SH'BAM        | S1 CXWORX            | SI I. WALKING     | SI I. WALKING     |                   |
| 19:30   | SI ★ I. WALKING    | SL ★ YOGA         | 19:30 EX ★ FORXTRAINING  | S1 B. COMBAT         | S1 SH'BAM         | S1 SH'BAM         |                   |
| 20:00   | S1 ABDOMINALES     | SI ★ I. WALKING   | 19:45 PI AQUAFITNESS     | SL ★ ZUMBA           | PI AQUAFITNESS    | PI AQUAFITNESS    |                   |
| 20:15   | S2 PILATES         | SC ★ CICLO        | 20:00 SI ★ I. WALKING    | SC ★ CICLO           | S2 ABDOMINALES    | S2 ABDOMINALES    |                   |
| 20:30   | S1 B. ATTACK       | S1 B. COMBAT      | 20:00 S1 B. ATTACK       | SI I. WALKING        |                   |                   |                   |
| 20:30   | SI I. WALKING      | EX ★ FORXTRAINING | 20:30 SL ★ PILATES       | EX ★ FORXTRAINING    |                   |                   |                   |
| 20:45   | PI AQUAFITNESS     | PI AQUAFITNESS    | 20:30 SC CICLO           | PI FORUS SWIMMERS    |                   |                   |                   |
| 21:00   | SC CICLO           | S2 B. BALANCE     | 21:00 S1 B. COMBAT       | S1 B. PUMP           |                   |                   |                   |
|         |                    | PI FORUS SWIMMERS |                          | S2 YOGA              |                   |                   |                   |
|         |                    | SI I. WALKING     |                          |                      |                   |                   |                   |
|         |                    | S1 ZUMBA          |                          |                      |                   |                   |                   |

Lunes a Viernes: de 07:00 a 22:00h

Sábados: de 09:00 a 22:00h

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

La empresa, atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades. El acceso a las AADD está limitado por razones de edad. Consulta la normativa del centro al respecto. Puedes consultar la duración de las actividades en la web de Forus. A las Actividades Family podrá acceder todo tipo de público a partir de 4 años. Las Actividades marcadas con una estrella (\*) son de reserva previa, con la APP ENFORMAPP desde 45 min antes de la hora de inicio de la actividad. **IMPORTANTE:** Debido a las medidas de prevención contra el COVID19, el TOTEM de reserva quedará fuera de servicio temporalmente.

\*\* Horario provisional durante las restricciones de la Orden 154/2021 del 12 de Febrero de 2021, del BOCM, con cierre de las instalaciones a las 22h.