

HORARIO CDM FORUS CHAMARTIN

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

Sábados: de 8:00 a 21:00h

Domingos y festivos: de 8:00 a 15:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES



JUNIOR Y

COREOGRAFIADAS

FAMILIARES

SENIOR

RAQUETA

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|--------------------|-------------------|--------------------|-------------------|--------------------|-------------------|---------------|-------|
| 07:15 | S3 I. WALKING | SC CICLO 30' | | SC CICLO | S3 I. WALKING | | | 07:15 |
| 07:30 | | PI | S1 B. PUMP | | | | | 07:30 |
| 07:30 | | | | PI | | | | 07:30 |
| 07:45 | | S1 PUMP 30' | | | | | | 07:45 |
| 08:15 | S1 GAP | | | | S1 B. PUMP | | | 08:15 |
| 08:30 | | S2 PILATES | S2 B. BALANCE | S1 FITNESS | | | | 08:30 |
| 08:30 | | | S1 B. ATTACK | | | | | 08:30 |
| 09:00 | | | SC CICLO | S2 B. BALANCE | S2 B. BALANCE | | | 09:00 |
| 09:15 | S1 ZUMBA | | | SC CICLO | S1 SH'BAM | | | 09:15 |
| 09:30 | | | S1 STEP | | | S1 GAP | | 09:30 |
| 09:30 | SC | S1 B. PUMP | EX RUNNERS INI | S1 B. COMBAT | SC CICLO | | | 09:30 |
| 09:45 | | | | | | | S3 I. WALKING | 09:45 |
| 10:00 | | S3 I. WALKING | S3 I. WALKING 30' | S2 ZUMBA | | | S2 PILATES | 10:00 |
| 10:00 | | S2 MAMÁS Y BEBÉS | S2 PILATES | ★ | | | | 10:00 |
| 10:00 | | | | | S3 I. WALKING | | | 10:00 |
| 10:15 | S1 B. PUMP | | | PI AQUABOARD | S4 AF-MAYORES | | | 10:15 |
| 10:30 | S4 AF-MAYORES | S1 SH'BAM | S1 B. COMBAT | S4 AF-MAYORES | S1 B. ATTACK | S1 B. PUMP | S1 ZUMBA +12 | 10:30 |
| 10:30 | | S4 AF-MAYORES | S4 AF-MAYORES | S3 I. WALKING | | | ★ | 10:30 |
| 10:30 | | PI AQUABOARD | | | | | | 10:30 |
| 10:45 | S2 B. BALANCE | | | | | S3 I. WALKING | SC CICLO | 10:45 |
| 11:00 | | S2 COMBAT BASIC | S2 YOGA | S1 EN FORMA | SC CICLO | S2 PILATES | S2 B. BALANCE | 11:00 |
| 11:00 | | | | | S4 AF-MAYORES | | | 11:00 |
| 11:30 | | S2 B. BALANCE | S3 I. WALKING | | | | | 11:30 |
| 11:30 | S4 AF-MAYORES | SC CICLO | S4 AF-MAYORES | | S1 ZUMBA | | S1 CXWORX | 11:30 |
| 11:30 | S1 SH'BAM | | S1 CXWORX | S2 PILATES | S2 PILATES | SC CICLO | ★ | 11:30 |
| 11:45 | S2 PILATES | S1 FITNESS | | | | S1 SH'BAM | ★ | 11:45 |
| 12:00 | | | S1 ZUMBA | SC CICLO BASIC | | S2 B. BALANCE | S1 B. COMBAT | 12:00 |
| 12:15 | | | | | | | S2 PILATES | 12:15 |
| 12:30 | S1 ABDOMINALES | S2 PILATES | | S2 YOGA | | | | 12:30 |
| 12:30 | | | | | S1 COMBAT 30' | S3 I. WALKING | | 12:30 |
| 12:45 | S2 HIPOPRESIVOS | | | | | S1 B. COMBAT | | 12:45 |
| 13:00 | | | | | | S2 PILATES | S1 B. PUMP | 13:00 |
| 13:45 | | SC CICLO 30' | | | | | | 13:45 |
| 14:00 | PI | | PI | | | | | 14:00 |
| 14:00 | | | S2 HIPOPRESIVOS | | | | | 14:00 |
| 14:15 | S1 CXWORX | S1 CXWORX | SC CICLO | | S2 PILATES | | | 14:15 |
| 14:15 | | | | S1 B. COMBAT | | | | 14:15 |
| 14:30 | | S2 B. BALANCE | S1 B. PUMP | | | | | 14:30 |
| 14:45 | SC CICLO | S3 I. WALKING | | S4 CROSS TRAINING | | | | 14:45 |
| 15:00 | S2 YOGA | | S2 YOGA | | S3 I. WALKING | | | 15:00 |
| 15:15 | | | | S2 PILATES | | | | 15:15 |
| 15:30 | | S1 ZUMBA | | | | | | 15:30 |
| 16:00 | S1 EN FORMA | | | | S1 CXWORX | | | 16:00 |
| 16:15 | | | S1 GAP | S1 CXWORX | | | | 16:15 |
| 16:30 | | S3 I. WALKING | | | S2 PILATES BASIC | | | 16:30 |
| 17:00 | S4 PSICOMOTRICIDAD | | S4 PSICOMOTRICIDAD | | | | | 17:00 |
| 17:00 | | | S2 EMBARAZADAS | | S2 HIPOPRESIVOS | | | 17:00 |
| 17:00 | S1 ZUMBA | S2 ZUMBA +12 | | | S4 PSICOMOTRICIDAD | S3 I. WALKING 30' | | 17:00 |
| 17:15 | S2 BAILE 8-11 | | S1 BAILE 8-11 | S4 PREDEPORTE 4-7 | | | | 17:15 |
| 17:15 | S3 I. WALKING | | S3 INDOOR+12 | | | | | 17:15 |
| 17:30 | | S1 PUMP BASIC | | | | S1 B. PUMP | | 17:30 |
| 17:30 | | S4 MULTIDPORTE 8- | | | | | | 17:30 |
| 17:45 | | | | SC CICLO+12 | | | | 17:45 |
| 18:00 | S1 GAP | S2 YOGA | S2 B. BALANCE | | EX RUNNERS INI | | | 18:00 |
| 18:00 | | S1 SH'BAM | | S2 YOGA | S2 B. BALANCE | | | 18:00 |
| 18:00 | | | | | S1 GAP | | | 18:00 |
| 18:15 | PI AQUABOARD | | SC | | | | | 18:15 |
| 18:15 | S2 PILATES | | | | | | | 18:15 |
| 18:15 | SC CICLO | | S1 B. COMBAT | S1 B. PUMP | | | | 18:15 |
| 18:30 | | SC CICLO | | | S3 I. WALKING | SC CICLO+12 | | 18:30 |
| 19:00 | | S2 B. BALANCE | PI AQUABOARD | | S1 ZUMBA | | | 19:00 |
| 19:00 | S1 ABDOMINALES | S1 B. COMBAT | S2 ZUMBA | S2 B. BALANCE | S2 ESTIRAMIENTOS | | | 19:00 |
| 19:15 | S2 B. BALANCE | | S1 B. PUMP | SC CICLO | | | | 19:15 |
| 19:15 | | | | S1 ZUMBA | ★ | | | 19:15 |
| 19:15 | S4 C. TRAINING+12 | | SC CICLO | | | | | 19:15 |
| 19:30 | S1 ATTACK-CXWORX | S3 I. WALKING | | | S2 PILATES | | | 19:30 |
| 19:30 | PI AQUAFITNESS | PI AQUAFITNESS | | PI AQUAFITNESS | SC CICLO | | | 19:30 |
| 19:45 | S3 I. WALKING | | | | | | | 19:45 |
| 20:00 | | S1 B. PUMP | S2 PILATES | | | | | 20:00 |
| 20:00 | | EX | | S3 I. WALKING | PI AQUABOARD | | | 20:00 |
| 20:15 | S2 YOGA | ★ | S1 SH'BAM | EX | | | | 20:15 |
| 20:15 | | | S3 I. WALKING | | | | | 20:15 |
| 20:15 | S4 CROSS TRAINING | | EX RUNNERS AV | S1 B. COMBAT | ★ | | | 20:15 |
| 20:30 | S1 B. COMBAT | SC CICLO | S4 CROSS TRAINING | | S2 B. COMBAT | | | 20:30 |
| 20:30 | SC CICLO | | | | S1 B. PUMP | | | 20:30 |
| 20:30 | | S2 PILATES | | S2 PILATES | | | | 20:30 |
| 20:45 | EX RUNNERS AV | PI | PI AQUAFITNESS | PI | | | | 20:45 |
| 21:00 | | S1 B. ATTACK | S2 DANCE | | | | | 21:00 |
| 21:15 | S2 HIPOPRESIVOS | | S1 CXWORX | SC CICLO | | | | 21:15 |
| 21:15 | | | | S1 PUMP-CXWORX | | | | 21:15 |
| 21:30 | S1 B. PUMP | | | | | | | 21:30 |

La empresa atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.

A las actividades +12 podrán asistir todos los usuarios mayores de 12 años siempre y cuando dispongan de ADM Familiar, teniendo prioridad los usuarios de edad comprendida entre los 15 y los 26.

Las actividades 30, BASIC, Abdomen, CX-Worx, E. Funcional, Estiramientos y Runners ini, tendrán una duración de 30'.

Los Pilates Mayores del ADM tienen el siguiente horario: L-X(10:30-11:30) y V (10:00-11:00)

La actividad de forus bikers tendrá salidas cada 3 semanas infórmate en recepción.