

HORARIO ACTIVIDADES ELCHE 26-07-21

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

LUNES MARTES MIÉRCOLES JUEVES VIERNES SÁBADO DOMINGO

07:30	CI	CICLO	07:30	S1	B. PUMP	07:30	S2	B. BALANCE	07:30	EX	SH'BAM	07:30	PI	★ AQUAFITNESS	09:15	EX	FORUS RUNNERS	09:00	EX	FORXTRAINING
08:30	S2	B. BALANCE	08:30	S1	B. COMBAT	08:30	S1	FITNESS	08:30	IW	I. WALKING	08:15	EX	FORXTRAINING	09:15	S2	ZUMBA	09:15	CI	CICLO
09:00	EX	FORXTRAINING	08:45	EX	FORXTRAINING	09:00	PI	★ AQUADYNAMIC	09:15	PI	★ AQUAFITNESS	08:30	EX	PILATES	09:15	EX	FORXTRAINING	09:15	S2	B. BALANCE
09:30	IW	I. WALKING	09:15	CI	CICLO	09:30	EX	B. COMBAT	09:15	S2	YOGA	09:00	EX	★ PÁDEL FREE	09:30	EX	B. COMBAT	09:30	S1	GAP
09:30	PI	★ AQUAFITNESS	09:30	S1	FITNESS	09:30	CI	CICLO	09:30	S1	STEP	09:15	CI	CICLO	10:00	EX	SPORT FAMILY	10:00	EX	GYM KIDS 8-11
09:45	S1	B. PUMP	09:45	S2	B. BALANCE	09:30	EX	FORXTRAINING	09:45	EX	FORXTRAINING	09:15	S1	EM FORMA	10:15	S2	PILATES	10:00	IW	I. WALKING
10:00	S2	PILATES	10:15	PI	★ AQUADYNAMIC	09:45	S2	SH'BAM	10:00	CI	CICLO	09:30	S2	YOGA	10:15	IW	I. WALKING	10:15	S2	PILATES
10:00	FL	FORLIVE YOGA	10:30	S1	SH'BAM	10:00	PI	★ AQUAFITNESS	10:15	S2	B. BALANCE	10:00	FL	FORLIVE CICLO	10:30	S1	★ B. PUMP	10:15	CI	CICLO
10:30	CI	★ CICLO	10:30	CI	★ CICLO	10:00	FL	FORLIVE PILATES	10:15	PI	★ AQUADYNAMIC	10:15	S1	B. PUMP	10:30	CI	CICLO	10:30	S1	SH'BAM
10:45	S1	B. COMBAT	10:30	FL	FORLIVE HIT RUNNING	10:30	CI	CICLO	10:30	S1	PUMP 30'	10:15	IW	I. WALKING	11:00	EX	DINAMIZACIÓN	11:00	EX	DINAMIZACIÓN
11:00	S2	ESTIRAMIENTOS	10:45	S2	YOGA	10:30	S1	EM FORMA	10:30	FL	FORLIVE HIPOPRESIVOS	10:30	S2	B. ATTACK	11:15	S2	YOGA	11:15	CI	CICLO
11:15	FL	FORLIVE FAMILY	11:00	FL	FORLIVE STRONG RUNNING	10:45	S2	PILATES	10:45	IW	I. WALKING	11:15	PI	★ AQUAFITNESS	11:30	EX	BALANCE MIX 4-11	11:15	S2	CX WORX
11:30	PI	★ AQUADYNAMIC	11:15	PI	★ AQUAFITNESS	11:00	PI	★ AQUADYNAMIC	11:00	S1	GAP	11:15	S1	ZUMBA	11:30	S1	B. ATTACK	11:30	S1	B. COMBAT
11:45	S1	ZUMBA	11:30	IW	I. WALKING	11:15	FL	FORLIVE FUNCIONAL	11:15	S2	PILATES	11:15	FL	FORLIVE BODY BALANCE	11:30	CI	CICLO	11:30	EX	SPORT FAMILY
14:15	S2	PILATES	14:30	S1	B. PUMP	11:30	S1	B. PUMP	11:45	FL	FORLIVE BODY ATTACK	11:30	S2	PILATES	12:15	S2	B. BALANCE	11:45	S2	ZUMBA
14:30	S1	B. ATTACK	15:30	S1	B. COMBAT	11:45	S2	HIPOPRESIVOS	12:15	CI	CICLO	12:15	S1	ABDOMINALES	12:30	S1	SH'BAM	12:00	IW	I. WALKING
16:15	S2	B. BALANCE	16:45	S1	GAP	11:45	IW	I. WALKING	13:30	S1	B. PUMP	14:15	S1	ZUMBA	17:00	S1	B. PUMP	12:30	S1	B. PUMP
17:00	S1	PUMP-BALANCE	17:15	S2	YOGA	11:45	FL	FORLIVE ABDOMINALES	14:30	S1	B. COMBAT	14:30	CI	CICLO	18:00	S1	ABDOMINALES			
17:15	S2	HIPOPRESIVOS	17:30	EX	GYM KIDS 8-11	14:15	CI	CICLO	15:30	S2	B. BALANCE	16:30	S1	B. COMBAT	18:45	CI	CICLO			
17:15	CI	CICLO	17:30	CI	★ CICLO	15:30	CI	CICLO	16:45	S2	HIPOPRESIVOS	17:15	S2	PILATES						
17:15	EX	SPORT GAMES 4-7	17:45	S1	SH'BAM	16:00	S1	ZUMBA	17:30	IW	I. WALKING	17:30	S1	B. PUMP						
17:45	IW	I. WALKING	18:00	IW	I. WALKING	17:00	S1	B. COMBAT	17:30	S1	SH'BAM	17:45	IW	I. WALKING						
18:00	S1	GAP	18:00	FL	FORLIVE EN FORMA	17:30	EX	SH'BAM KIDS 8-11	17:30	EX	GYM GAMES 4-7	17:45	EX	YOGA KIDS 8-11						
18:15	FL	FORLIVE SH'BAM	18:15	S2	PILATES	17:45	CI	CICLO	17:45	S2	PILATES	18:15	S2	SH'BAM						
18:15	EX	SPORT KIDS 8-11	18:30	CI	★ CICLO	18:00	FL	FORLIVE INFANTIL	18:00	CI	CICLO	18:30	S1	B. COMBAT						
18:15	S2	★ ZUMBA	18:30	EX	BODY GAMES 4-7	18:00	S1	★ B. PUMP	18:00	FL	FORLIVE GAP 30'	18:45	EX	BODY GAMES 4-7						
18:15	CI	CICLO	18:45	S1	B. ATTACK	18:15	S2	YOGA	18:30	S1	★ B. PUMP	19:00	CI	CICLO						
19:00	S1	★ B. COMBAT	19:00	IW	I. WALKING 30'	18:30	IW	I. WALKING	18:30	EX	SPORT KIDS 8-11	19:15	EX	ABDOMINALES						
19:00	IW	I. WALKING	19:00	EX	★ PÁDEL FREE	18:30	EX	EXPRESSION GAMES 4-7	18:45	S2	B. BALANCE	19:30	IW	I. WALKING						
19:15	PI	★ AQUADYNAMIC	19:15	S2	ABDOMINALES	18:30	EX	★ PÁDEL FREE	19:00	CI	CICLO	19:30	S1	PUMP 30'						
19:15	S2	★ PILATES	19:15	FL	FORLIVE ZUMBA	19:00	S1	SH'BAM	19:00	FL	FORLIVE RETO + 2 TIPS	19:45	EX	ZUMBA						
19:15	FL	FORLIVE COMBAT 30'	19:30	CI	★ CICLO	19:15	CI	★ CICLO	19:15	IW	I. WALKING	20:00	PI	★ AQUAFITNESS						
19:30	CI	★ CICLO	19:30	PI	★ AQUADYNAMIC	19:15	S2	★ CX WORX	19:30	PI	★ AQUADYNAMIC	20:00	S1	FITNESS						
20:00	S1	★ B. PUMP	19:45	IW	I. WALKING	19:15	FL	FORLIVE HIT 30'	19:30	S1	B. ATTACK	20:00	EX	FORXTRAINING						
20:00	IW	I. WALKING	19:45	EX	ZUMBA	19:30	EX	FORXTRAINING	19:45	S2	CX WORX	20:30	EX	ESTIRAMIENTOS						
20:15	S2	B. BALANCE	19:45	S1	CX WORX	19:30	IW	I. WALKING	20:00	EX	RUNNERS AV									
20:15	PI	FORUS SWIMMERS	20:15	EX	FORUS RUNNERS	19:45	S2	B. BALANCE	20:00	CI	CICLO									
20:15	EX	FORXTRAINING	20:15	S1	B. PUMP	20:00	EX	ABDOMINALES	20:15	IW	I. WALKING									
20:30	CI	CICLO	20:30	CI	CICLO	20:15	CI	★ CICLO	20:15	EX	YOGA									
21:00	S1	CX WORX	20:30	EX	FORXTRAINING	20:15	PI	FORUS SWIMMERS	20:30	S1	ABDOMINALES									
21:00	PI	★ AQUAFITNESS	20:45	S2	B. BALANCE	20:30	PI	★ AQUAFITNESS	20:30	PI	★ AQUAFITNESS									
21:00	EX	★ PÁDEL FREE	20:45	IW	I. WALKING 30'	20:30	EX	B. COMBAT	21:00	S1	FITNESS									
21:15	EX	SH'BAM	21:15	EX	B. COMBAT	20:45	S2	PILATES	21:00	EX	FORXTRAINING									
21:30	S1	B. ATTACK	21:30	SC	CICLO	21:30	S1	PUMP 30'	21:15	EX	ZUMBA									

De lunes a jueves: de 07:00h a 23:00h

Viernes: de 07:00h a 22:30h

Sábados: de 09:00h a 20:00h

Domingos y festivos: de 9:00h a 14:00h