

HORARIO ACTIVIDADES FORUS COSLADA



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

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------------------|-------------------------|---------------------|-------------------------|-------------------|-----------------------|-------------------|
| 08:15 | SI I. WALKING | S1 GAP | S1 B. PUMP | SC CICLO | S1 GAP | S1 ABDOMINALES | S2 PILATES BASIC |
| 09:00 | S5 OLEFIT | S2 PILATES | S2 YOGA | S2 B. BALANCE | S2 SH'BAM | SC CICLO | S1 ABDOMINALES |
| 09:00 | S2 HIPOPRESIVOS | S1 CICLO | S1 FORX4 | S1 CROSS TRAINING | S1 FORUS BIKERS | S2 SH'BAM | S2 SH'BAM |
| 09:15 | S1 EN FORMA | S1 CXWORX | S1 I. WALKING | S1 PILATES | S1 EN FORMA | S1 B. ATTACK | S1 B. COMBAT |
| 09:45 | SI I. WALKING | SI I. WALKING | S1 ZUMBA | S1 I. WALKING | SI I. WALKING | S5 SPORT FAMILY | SC I. WALKING |
| 10:00 | EX FORUS RUNNERS | S2 B. BALANCE | S2 EN FORMA | S1 ZUMBA | S2 B. COMBAT | SC CICLO | S2 PILATES |
| 10:00 | SC CICLO | S1 B. ATTACK | PI AQUAFITNESS | SC CICLO | PI AQUADYNAMIC | SC CICLO | S5 MOVE MIX 4-11 |
| 10:15 | S1 B. PUMP | S5 EMBARAZADAS | SC CICLO | PI AQUAFITNESS | SC CICLO | EX FORUS RUNNERS | S1 B. PUMP |
| 10:30 | PI AQUAFITNESS | PI AQUAFITNESS | S1 B. COMBAT | PI AQUAFITNESS | SC CICLO | SC CICLO | S5 I. WALKING |
| 10:30 | S2 PILATES | SC CICLO | SI I. WALKING | S2 I. WALKING | S1 B. PUMP | S1 B. PUMP | S1 I. WALKING |
| 11:00 | SC CICLO | SI I. WALKING | EX FORUS RUNNERS | S1 B. PUMP | S2 PILATES | S1 B. COMBAT | S1 BALANCE FAMILY |
| 11:15 | S1 CXWORX | S2 ZUMBA | S2 B. BALANCE | S1 B. PUMP | S2 I. WALKING | S2 B. COMBAT | S1 CICLO |
| 11:15 | SI I. WALKING | PI FORUS SWIMMERS | SC CICLO | S1 I. WALKING | PI AQUAFITNESS | S2 B. BALANCE | S2 ZUMBA |
| 11:30 | S2 B. BALANCE | PI AQUADYNAMIC | PI AQUADYNAMIC | PI AQUADYNAMIC | S5 ABDOMINALES | S1 PUMP BASIC | S5 DINAMIZACIÓN |
| 11:30 | PI AQUADYNAMIC | S1 B. PUMP | S1 SH'BAM | S2 JUMPING | S2 HIPOPRESIVOS | S1 B. PUMP | SI I. WALKING |
| 11:30 | SF FORX4 | SC FORUS BIKERS | S1 FORX4 | S1 OLEFIT | S1 CICLO 30' | S1 AQUASPORT MIX 4-11 | S5 I. WALKING |
| 11:45 | S1 SH'BAM | S2 YOGA | S2 I. WALKING | S2 FORX4 | S1 ABDOMINALES | SI I. WALKING | PI DINAMIZACIÓN |
| 12:30 | S2 YOGA | S5 ABDOMINALES | S1 GAP | S2 B. BALANCE | S1 OLEFIT | S1 I. WALKING | PI AQUA FAMILY |
| 14:15 | S1 B. PUMP | S1 DANCE | S2 YOGA | SC CICLO | S2 MAMÁS Y BEBÉS | S2 B. PUMP | |
| 14:30 | SC CICLO | S1 B. COMBAT | SI I. WALKING | S1 PUMP 30' | S1 B. PUMP | S1 B. PUMP | |
| 14:30 | PI FORUS SWIMMERS | S2 PILATES | S2 JUMPING | S5 EXPRESSION GAMES 4-7 | S2 PILATES | S2 PILATES | |
| 16:45 | S5 B. BALANCE | S2 ABDOMINALES | PI FORUS SWIMMERS | S2 YOGA | S2 ABDOMINALES | S1 I. WALKING | |
| 17:00 | SC CICLO | S1 HIPOPRESIVOS | S1 ABDOMINALES | S1 GAP | S1 CICLO | SC CICLO MAX | |
| 17:15 | S1 GAP | S5 EXPRESSION GAMES 4-7 | S5 YOGA | S1 FORX4 | S1 CICLO | S1 CROSS TRAINING | |
| 17:30 | SF FORX4 | SF FORX4 | SC CICLO | S1 I. WALKING | SC CICLO | S2 DANCE | |
| 17:45 | SI I. WALKING | SI I. WALKING | S1 ZUMBA | S2 SH'BAM | SI I. WALKING | S1 AQUASPORTKIDS 8-11 | |
| 17:45 | S5 BODY GAMES 4-7 | S2 B. COMBAT | S1 I. WALKING | S1 B. COMBAT | S1 B. ATTACK | S1 B. ATTACK | |
| 18:00 | SC CICLO | S1 CICLO | SC CICLO | S1 B. COMBAT | SI I. WALKING | SI I. WALKING | |
| 18:00 | S2 COMBAT 30' | S1 SH'BAM | S2 JUMPING | SC CICLO | S1 FORX4 | S1 FORX4 | |
| 18:15 | S1 ZUMBA | SI I. WALKING | S1 I. WALKING | PI AQUADYNAMIC | S5 YOGA KIDS 8-11 | S5 YOGA KIDS 8-11 | |
| 18:30 | S2 I. WALKING | S2 B. BALANCE | PI AQUAFITNESS | S5 SPORT GAMES 4-7 | S2 YOGA | S2 YOGA | |
| 18:30 | PI AQUAFITNESS | SC CICLO | EX FORUS RUNNERS | SI I. WALKING | S1 I. WALKING | S1 AQUADYNAMIC | |
| 18:45 | S5 SPORT KIDS 8-11 | PI AQUADYNAMIC | SI I. WALKING | SI I. WALKING | EX RUNNERS AV | SC CICLO | |
| 18:45 | SI I. WALKING | S1 CXWORX | S5 SH'BAM KIDS 8-11 | S1 PILATES | S2 I. WALKING | S5 ABDOMINALES | |
| 19:00 | SC CICLO | S5 BODY GAMES 4-7 | SC CICLO | SC CICLO | S1 ZUMBA | S1 HIPOPRESIVOS | |
| 19:00 | EX FORUS RUNNERS | S2 I. WALKING | S2 B. BALANCE | S2 B. BALANCE | PI AQUAFITNESS | | |
| 19:15 | S1 I. WALKING | SI I. WALKING | S1 SH'BAM | S1 SH'BAM | SC AQUAFITNESS | | |
| 19:30 | PI AQUADYNAMIC | S1 B. PUMP | PI AQUADYNAMIC | PI AQUADYNAMIC | S5 GYM KIDS 8-11 | | |
| 19:30 | S2 YOGA | PI AQUAFITNESS | S5 ABDOMINALES | S5 ABDOMINALES | SI I. WALKING | | |
| 19:45 | SI I. WALKING | SC CICLO | SI I. WALKING | SI I. WALKING | S2 I. WALKING | | |
| 20:00 | SC CICLO | EX FORUS RUNNERS | SC CICLO | SC CICLO | S1 B. PUMP | | |
| 20:15 | S1 B. PUMP | S5 GYM KIDS 8-11 | S2 PILATES | S2 PILATES | SC FORUS BIKERS | | |
| 20:30 | S2 SH'BAM | S2 ZUMBA | S5 ESTIRAMIENTOS | S5 ESTIRAMIENTOS | SC FORUS BIKERS | | |
| 20:45 | SI I. WALKING | SI I. WALKING | S1 B. COMBAT | S1 B. COMBAT | PI FORUS SWIMMERS | | |
| 20:45 | S5 ABDOMINALES | S1 B. ATTACK | SF FORX4 | SF FORX4 | | | |
| 21:00 | SC CICLO | SC CICLO | SI I. WALKING 30' | SI I. WALKING 30' | | | |
| 21:15 | S5 ESTIRAMIENTOS | S5 ABDOMINALES | SC CICLO | SC CICLO | | | |
| 21:15 | S1 B. COMBAT | S2 JUMPING | S2 YOGA | S2 YOGA | | | |
| | | SI I. WALKING 30' | | | | | |
| | | S1 CROSS TRAINING | | | | | |
| | | PI FORUS SWIMMERS | | | | | |

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. Las actividades 30, BASIC, Abdomen, Cx-Worx, Funcional, Estiramientos y Runners Ini. tendrán una duración de 25 min, las actividades Inco indoor, Indoor walking, Sh´bam y Aquadynamic tendrán una duración de 45 min, y el resto de actividades de 50 min, a excepción de Ciclo maxyRunners AV, que tendrán una duración de 1h 20 min. 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 el Totem desde 30 min y con la APP ENFORMAPP desde 45 min antes de la hora de inicio de la actividad, a excepción de las actividades acuáticas, que será con 45 min de antelación.