FORUS SARDENYA 22-6-2022

CUERPO MENTE | ACUÁTICAS | TONIFICACIÓN | CARDIOVASCULARES | BAILE | INFANTILES Y FAMILIARES | SENIOR | FREE | ENTRENA+ | OUTDOOR | FORLIVE | COS MENT | AQUÀTIQUES | TONIFICACIÓ | CARDIOVASCULARS | BALL | INFANTILS I FAMILIARS | SÈNIOR

LUNES

07:15	PI	AQUAFITNESS
07:15	SC	CICLO
08:15	S1	DANCE
09:00	PI	★ AQUAFITNESS
09:00	SC	CICLO
09:15	S2	B. BALANCE
09:15	EX	FORXTRAINING
09:30	S1	FITNESS
10:00	PI	★ AQUAFITNESS
10:15	EX	FORXTRAINING
10:15	S2	SH'BAM
10:30	S1	EN FORMA
11:15	S2	PILATES
11:30	S1	B. COMBAT
12:30	SC	CICLO
12:30	S1	B. PUMP
12:30	PI	★ AQUAFITNESS
13:30	EX	FORXTRAINING
14:15	S2	B. COMBAT
17:15	S1	B. PUMP
17:30	P1	CROSS MIX 4-11
18:00	S2	GAP
18:15	S1	SH'BAM
18:15	SC	★ CICLO
18:30	P2	GYM KIDS 8-11
18:30	P3	CROSS MIX 4-11
18:45	PI	AQUAFITNESS
19:00	S2	B. BALANCE
19:00	EX	FORXTRAINING
19:15	S1	CROSS TRAINING
19:15	SC	★ CICLO
20:00	S2	YOGA
20:00	S5	ABDOMINALES
20:15	SC	CICLO
20:15	S1	B. ATTACK
20:15	PI	AQUAFITNESS
20:30	S5	EN FORMA
21:00	S2	ESTIRAMIENTOS

MARTES

07:15	S1	GAP
08:15	SC	CICLO
09:15	S2	★ PILATES
09:15	EX	FORUS RUNNERS
09:15	P2	BOXEO
09:30	S1	SH'BAM
10:00	PI	★ AQUAFITNESS
10:00	SC	CICLO
10:15	S5	ESPALDA SANA
10:15	S2	B. ATTACK
10:30	S1	FITNESS
11:15	S2	EN FORMA
11:15	S5	YOGA
11:30	S1	DANCE
12:30	S2	B. BALANCE
12:45	PI	★ AQUAFITNESS
13:30	SC	CICLO
14:15	S1	B. PUMP
14:30	S2	PILATES
14:45	PI	AQUAFITNESS
15:15	S1	CROSS TRAINING
17:15	S1	ZUMBA
17:15	S2	ABDOMINALES
17:30	P3	SPORT KIDS 8-11
17:30	P2	GYM GAMES 4-7
18:00	S5	PILATES
18:00	S2	FITNESS
18:15	S1	B. PUMP
18:30	SC	CICLO
18:30	P3	GYM KIDS 8-11
18:30	P1	SPORT KIDS 8-11
18:30	P4	BALANCE MIX 4-11
19:00	S5	ESPALDA SANA
19:00	S2	DANCE
19:15	S1	★ B. COMBAT
19:15	P2	CROSS TRAINING
19:30	SC	CICLO
19:30	S4	COMBAT MIX 4-11
20:00	S2	HIPOPRESIVOS
20:00	EX	FORUS RUNNERS
20:15	S1	SH'BAM
20:30	SC	CICLO
20:45	PI	AQUAFITNESS
21:15	S1	CX WORX

MIÉRCOLES

07:15	PI	AQUAFITNESS
07:15	SC	CICLO
08:15	S2	SH'BAM
08:30	S1	B. PUMP
09:00	PI	★ AQUAFITNESS
09:15	S2	B. BALANCE
09:15	P2	FUNCIONAL
09:30	SC	CICLO
09:30	S5	YOGA
10:00	PI	★ AQUAFITNESS
10:00	EX	FORXTRAINING
10:15	S2	EN FORMA
10:30	S1	ZUMBA
10:30	S5	ESPALDA SANA
11:15	S2	PILATES
11:30	S1	FITNESS
12:30	PI	★ AQUAFITNESS
13:00	EX	FORXTRAINING
14:15	S2	B. ATTACK
14:30	SC	CICLO
17:15	S1	FITNESS
17:30	P1	BODY GAMES 4-7
17:30	P3	CROSS MIX 4-11
18:00	SC	CICLO
18:15	S1	DANCE
18:15	S2	ABDOMINALES
18:30	P1	SPORT KIDS 8-11
18:45	PI	★ AQUAFITNESS
19:00	S2	GAP
19:15	SC	CICLO
19:15	S1	CROSS TRAINING
19:15	S4	MOVE MIX 4-11
19:30	S5	YOGA
20:00	S2	FUNCIONAL
20:15	SC	CICLO
20:15	S1	ZUMBA
20:30	S5	ESTIRAMIENTOS
20:30	S2	FITNESS
21:00	S5	YOGA

JUEVES

07:15	S1	B. PUMP
08:15	S2	B. BALANCE
09:15	S2	B. COMBAT
09:15	EX	FORUS RUNNERS
09:15	P2	BOXEO
09:30	S1	GAP
10:00	PI	★ AQUAFITNESS
10:15	S2	PILATES
10:15	S5	YOGA
10:30	S1	DANCE
11:15	SC	CICLO
11:15	S2	FITNESS
11:15	S5	ESPALDA SANA
11:30	S1	EN FORMA
12:30	S1	B. COMBAT
12:30	PI	★ AQUAFITNESS
13:30	SC	CICLO
14:15	S1	B. PUMP
15:15	S1	CROSS TRAINING
17:00	S2	CX WORX
17:15	S1	SH'BAM
17:30	P2	SPORT GAMES 4-7
18:00	S5	B. BALANCE
18:15	S1	B. PUMP
18:15	S2	EN FORMA
18:30	SC	CICLO
18:30	P2	CROSS MIX 4-11
18:30	P1	SPORT KIDS 8-11
19:00	S5	PILATES
19:15	S1	B. COMBAT
19:15	S2	ESTIRAMIENTOS
19:30	SC	CICLO
19:45	S2	FITNESS
20:00	S5	YOGA
20:15	EX	FORXTRAINING
20:30	SC	CICLO
20:45	S2	ABDOMINALES
20:45	PI	AQUAFITNESS
21:00	S5	ESTIRAMIENTOS

VIERNES

07:15	SC	CICLO
08:15	S1	FITNESS
08:45	S2	YOGA
09:00	PI	★ AQUAFITNESS
09:15	S1	SH'BAM
09:15	SC	CICLO
09:15	EX	FORXTRAINING
10:00	PI	★ AQUAFITNESS
10:15	P2	FUNCIONAL
10:15	S2	PILATES
10:15	SC	CICLO
10:30	S1	B. PUMP
11:15	S2	EN FORMA
11:30	S1	DANCE
12:30	S2	ESTIRAMIENTOS
12:30	PI	★ AQUAFITNESS
13:30	EX	FORXTRAINING
14:00	SC	CICLO
17:00	S2	B. BALANCE
18:00	S4	BALANCE MIX 4-11
18:15	S2	B. COMBAT
18:30	SC	CICLO
19:00	S1	B. PUMP
19:00	S4	MOVE MIX 4-11
19:15	S2	B. ATTACK
19:15	PI	AQUAFITNESS
19:30	SC	CICLO
19:30	S5	BOXEO
20:00	S1	DANCE
20:15	S2	HIPOPRESIVOS
20:30	S5	PILATES
21:00	S1	CX WORX

SÁBADO

10:00	S1	B. PUMP
10:30	S5	CROSS MIX 4-11
10:45	SC	CICLO 30´
11:00	S1	ZUMBA
11:15	SC	CICLO
11:30	S5	DINAMIZACIÓN
12:00	S5	MOVE MIX 4-11
12:00	S1	ABDOMINALES
12:30	S2	B. BALANCE
13:00	PI	★ AQUAFITNESS
17:00	S1	B. PUMP
17:00	S5	CROSS FAMILY
18:00	S1	ZUMBA
18:00	S5	DINAMIZACIÓN
18:30	S5	CROSS MIX 4-11
19:00	S2	B. BALANCE

DOMINGO

10:00	S1	B. PUMP
10:15	S2	YOGA
10:30	SC	CICLO
10:30	S5	CROSS FAMILY
11:00	S1	SH'BAM
11:15	S2	ESTIRAMIENTOS
11:30	PI	★ AQUAFITNESS
11:30	S5	DINAMIZACIÓN
11:30	SC	CICLO
12:00	S5	CROSS MIX 4-11
12:00	S1	ABDOMINALES
12:30	S1	B. COMBAT
12:45	PI	★ AQUAFITNESS