HORARIO FORUS LUGO 12 DE NOVIEMBRE

Horario
De lunes a viernes: de 7:00h a 23:00h
Sábados domingos y festivos: de 9:00h a 21:00h.

CUERPO Y MENTE | ACUÁTICAS | TONIFICACIÓN | CARDIOVASCULARES | JUNIOR Y FAMILIARES | COREOGRAFIADAS | SENIOR | RAQUETA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15	S2 CXWORX	ZM FUNCIONAL	S4 GAP		S4 B. PUMP			07:15
08:00	SC CICLO							08:00
08:15			ZM ABDOMINALES					08:15
08:30				S2 CXWORX				08:30
08:45			S2 CXWORX		SI I. WALKING 30´			08:45
09:00		SI I. WALKING						09:00
09:00	S4 B. PUMP	S4 B. PUMP		S4 B. COMBAT				09:00
09:15			S2 PILATES		S2 YOGA			09:15
09:30		S2 PILATES	SC CICLO	SC CICLO	S4 ZUMBA			09:30
09:45	S2 YOGA							09:45
10:00	PI AQUAFITNESS				SC CICLO			10:00
10:00	S4 ZUMBA	S4 B. COMBAT		S4 B. PUMP				10:00
10:00		EX FORUS RUNNERS	S4 B. PUMP	EX FORUS RUNNERS				10:00
10:15					S2 CXWORX			10:15
10:15	SI I. WALKING	PI AQUAFITNESS						10:15
10:15			S2 B. BALANCE	S2 ESCUELA DE				10:15
10:30				SI I. WALKING		SC CICLO	SI I. WALKING	10:30
10:30		S2 ESCUELA DE			S4 B. COMBAT			10:30
10:30					PI AQUAFITNESS		S4 ZUMBA	10:30
10:45	S2 PILATES		PI AQUAFITNESS		S2 B. BALANCE			10:45
11:00		S4 GAP	S4 ZUMBA	S4 SH'BAM				11:00
11:00	S4 FITNESS					S4 B. PUMP		11:00
11:15	SC CICLO	SC CICLO	S2 CXWORX	S2 PILATES	SI I. WALKING			11:15
11:30						SI I. WALKING	S2 CXWORX	11:30
11:30		S2 SH'BAM		PI AQUAFITNESS	S4 B. PUMP		SC CICLO	11:30
11:45			S2 ESTIRAMIENTOS		S2 ESTIRAMIENTOS			11:45
11:45	EX PÁDEL FREE		SI I. WALKING					11:45
12:00	S4 SH'BAM					S2 PILATES		12:00
12:00							S4 B. COMBAT	12:00
12:30						S4 ZUMBA	S2 B. BALANCE	12:30
13:00						SC CICLO	S4 B. PUMP	13:00
13:30			SC CICLO					13:30
14:30				S2 COMBAT 30´				14:30
14:45	SC CICLO	SI I. WALKING 30´						14:45
15:00				S2 CXWORX				15:00
15:15		S4 FITNESS						15:15
15:45			S4 B. PUMP					15:45
16:45	S2 HIPOPRESIVOS		EX PREDEPORTE 4-7					16:45
17:00	SI I. WALKING			S2 BAILE 8-11				17:00
17:30			S2 SH'BAM	SC CICLO	SI I. WALKING	SC CICLO		17:30
17:45		S2 YOGA	S4 B. COMBAT					17:45
17:45	S2 BAILE 4-7	EX MULTIDEPORTE 8-	SC CICLO					17:45
18:00		SC CICLO	PI AQUAFITNESS	S4 SH'BAM				18:00
18:00		S4 GAP						18:00
18:00	S4 B. PUMP			S2 PILATES				18:00
18:15	SC CICLO				S2 HIPOPRESIVOS			18:15
18:30					ZM FUNCIONAL			18:30
18:30				SI I. WALKING	S4 ZUMBA			18:30
18:30						S4 B. PUMP		18:30
18:45		S2 B. BALANCE	SI I. WALKING					18:45
18:45		SI I. WALKING	S2 PILATES					18:45
18:45			ZM ABDOMINALES					18:45
19:00	S4 SH'BAM	S4 ZUMBA		S2 B. BALANCE	SC CICLO			19:00
19:00	SI I. WALKING			EX PÁDEL FREE				19:00
19:15	S2 PILATES			SC CICLO				19:15
19:15		SC CICLO	S4 GAP	EX FORUS RUNNERS	S2 B. BALANCE			19:15
19:15	PI AQUAFITNESS		PI FORUS SWIMMERS					19:15
19:30		PI AQUAFITNESS		S4 B. COMBAT				19:30
19:30					S4 B. PUMP			19:30
19:45		S2 CXWORX						19:45
19:45			S2 YOGA					19:45
19:45			SC CICLO					19:45
20:00	SC FORUS BIKERS	ZM ABDOMINALES			SI I. WALKING			20:00
20:00				S2 YOGA				20:00
20:00		S4 B. PUMP						20:00
20:15	S2 CXWORX			PI AQUAFITNESS				20:15
20:15	S4 B. COMBAT							20:15
20:15		S2 PILATES						20:15
20:15			S4 STEP					20:15
20:15	PI FORUS SWIMMERS	SI I. WALKING	ZM FUNCIONAL					20:15
20:30		ZM FUNCIONAL						20:30
20:30				SI I. WALKING				20:30
20:30		EX FORUS RUNNERS						20:30
20:45			S2 B. BALANCE					20:45
20:45			ZM ABDOMINALES					20:45
20:45	S2 B. BALANCE		SI I. WALKING	S4 B. PUMP				20:45
21:00	SC CICLO	S4 B. COMBAT		S2 PILATES				21:00
21:00		SC CICLO						21:00
21:15	S4 STEP							21:15
21:15			S4 B. PUMP					21:15
21:30		S2 GAP		SC CICLO				21:30
21:45	S2 YOGA			S4 ZUMBA				21:45
22:00				S2 CXWORX				22:00
22:15	S4 CXWORX							22:15