

HORARIO FORUS LUGO

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



BAILE

JUNIOR Y

SENIOR

RAQUETA

FAMILIARES

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15	S2 CXWORX	ZM FUNCIONAL	S4 GAP					07:15
07:15			S4 GAP		S4 B. PUMP			07:15
07:15					S4 B. PUMP			07:15
08:00	SC CICLO			SI I. WALKING				08:00
08:15			ZM FUNCIONAL					08:15
08:45			S2 CXWORX					08:45
09:00	S4 B. PUMP	S4 B. PUMP		S4 B. COMBAT				09:00
09:15			S2 PILATES		S2 YOGA			09:15
09:30				S2 CXWORX				09:30
09:30			SC CICLO	SC CICLO				09:30
09:30		S2 PILATES			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 RUNNERS INI	S4 B. PUMP					10:00
10:15				S2 ESCUELA DE ESPALDA				10:15
10:15					S2 CXWORX			10:15
10:15	IW I. WALKING	PI AQUAFITNESS						10:15
10:15			S2 B. BALANCE					10:15
10:30					PI AQUAFITNESS		S4 ZUMBA	10:30
10:30				SI I. WALKING		SC CICLO	SI I. WALKING	10:30
10:30		S2 ESCUELA DE ESPALDA						10:30
10:30					S4 B. COMBAT			10:30
10:45	S2 PILATES		PI AQUAFITNESS		S2 B. BALANCE			10:45
11:00		S4 GAP	S4 ZUMBA	S4 SH'BAM		S3 SPORT FAMILY		11:00
11:00	S4 FITNESS					S4 B. PUMP		11:00
11:15			S2 CXWORX					11:15
11:15	SC CICLO	SC CICLO		S2 PILATES	SI I. WALKING		S3 BALANCE FAMILY	11:15
11:30							S2 CXWORX	11:30
11:30		S2 SH'BAM		PI AQUAFITNESS	S4 B. PUMP	SI I. WALKING	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 OLEFIT			S4 B. ATTACK		S2 PILATES		12:00
12:00							S4 B. COMBAT	12:00
12:15							S3 DINAMIZACIÓN	12:15
12:30				S2 MAMÁS Y BEBÉS		S4 ZUMBA	S2 B. BALANCE	12:30
12:45							PI AQUASPORT MIX 4-11	12:45
13:00						SC CICLO	S4 B. PUMP	13:00
14:00				S2 PILATES				14:00
14:45	SC CICLO							14:45
15:00				S2 CXWORX				15:00
15:15		S4 FITNESS	SI I. WALKING 30'					15:15
15:45			S4 B. PUMP					15:45
16:45	S2 EMBARAZADAS		S3 BODY GAMES 4-7					16:45
17:00	SI I. WALKING							17:00
17:00	S3 SH'BAM KIDS 8-11	S3 GYM GAMES 4-7		S3 SH'BAM KIDS 8-11				17:00
17:15						PI AQUASPORT MIX 4-11		17:15
17:30			S2 OLEFIT	SC CICLO	SI I. WALKING	SC CICLO		17:30
17:45	S2 HIPOPRESIVOS		SC CICLO					17:45
17:45		S2 YOGA	S4 B. ATTACK					17:45
17:45			S3 YOGA KIDS 8-11					17:45
18:00		S4 GAP		PI AQUA GAMES 4-7	PI AQUASPORT MIX 4-11			18:00
18:00	S3 EXPRESSION GAMES 4-7	SC CICLO	PI AQUAFITNESS	S4 SH'BAM				18:00
18:00	S4 B. PUMP	★ S3 SPORT KIDS 8-11		S2 PILATES				18:00
18:15						S3 DINAMIZACIÓN		18:15
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			ZM ABDOMINALES					18:45
18:45		SI I. WALKING	S2 PILATES					18:45
18:45		S2 B. BALANCE	SI I. WALKING			S3 CROSS FAMILY		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 RUNNERS AV	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			SC CICLO					19:45
19:45			S2 YOGA					19:45
20:00		ZM ESTRAMIENTOS		S2 YOGA				20:00
20:00	SC FORUS BIKERS				SI I. WALKING			20:00
20:00		S4 B. PUMP	★					20:00
20:15	PI FORUS SWIMMERS							20:15
20:15	S2 CXWORX		ZM FUNCIONAL	PI AQUAFITNESS				20:15
20:15		SI I. WALKING						20:15
20:15	S4 B. COMBAT	S2 PILATES	S4 STEP					20:15
20:30		ZM FUNCIONAL			S4 B. ATTACK			20:30
20:30				SI I. WALKING				20:30
20:30		EX FORUS RUNNERS						20:30
20:45			ZM ABDOMINALES					20:45
20:45			SI I. WALKING					20:45
20:45	S2 B. BALANCE		S2 B. BALANCE	S4 B. PUMP				20:45
21:00	SC CICLO	SC CICLO						21:00
21:00		S4 B. COMBAT			S2 PILATES			21:00
21:15	S4 STEP		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