

HORARIO FORUS FLOTA

De lunes a viernes: de 7:00h a 23:00h

Sábados: de 9:00h a 21:00h.

Domingos y festivos: de 09:00h a 15:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES



BAILE

JUNIOR Y FAMILIARES

SENIOR

RAQUETA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15	S1 FITNESS	CI CICLO	S1 GAP	CI CICLO	S1 B. PUMP			07:15
08:00			EX FORUS RUNNERS					08:00
08:15	IW I. WALKING 30'			SI I. WALKING	S2 B. BALANCE			08:15
08:30	S2 PILATES	S2 ESPALDA SANA	S2 PILATES	S2 ESPALDA SANA	SP QUEENAX PILATES			08:30
08:45		IW I. WALKING	IW I. WALKING					08:45
08:45		SP QUEENAX PILATES						08:45
09:00	S1 B. ATTACK	S1 PUMP 30'	S1 B. PUMP	S1 OLEFIT	IW I. WALKING			09:00
09:00			SP FORUS EXPERIENCE		S1 ZUMBA			09:00
09:00	EX PÁDEL FREE							09:00
09:15					S2 ESPALDA SANA			09:15
09:15	SP QUEENAX PILATES	S1 ZUMBA		SP QUEENAX PILATES	CI CICLO	S2 YOGA	S2 B. BALANCE	09:15
09:30	CI CICLO	CI CICLO	S2 YOGA	CI CICLO	PI AQUAFITNESS	CI CICLO	IW I. WALKING	09:30
09:30	S2 YOGA	S2 PILATES	PI AQUADYNAMIC	S2 B. BALANCE		EX FORUS RUNNERS	S1 PUMP BASIC	09:30
09:30	PI AQUADYNAMIC	PI AQUAFITNESS		PI AQUAFITNESS				09:30
09:45		SP ABDOMINALES			SP ABDOMINALES			09:45
10:00			SP ABDOMINALES	★				10:00
10:00			S1 B. COMBAT					10:00
10:00	S1 B. PUMP		CI CICLO	S1 SH'BAM	S1 B. PUMP	S1 B. ATTACK	S1 B. COMBAT	10:00
10:15	SP ABDOMINALES	★ S1 B. COMBAT			S2 PILATES		SP FORUS EXPERIENCE	10:15
10:15		SP FORUS EXPERIENCE						10:15
10:30				S2 YOGA				10:30
10:30			IW I. WALKING	PI FORUS SWIMMERS				10:30
10:30	S2 B. BALANCE	EX FORUS RUNNERS	S2 PILATES	IW I. WALKING	EX FORUS RUNNERS	IW I. WALKING		10:30
10:30	IW I. WALKING	CI YOGA	SP QUEENAX PILATES	SP ABDOMINALES	IW I. WALKING	S2 PILATES	CI CICLO	10:30
10:45	SP FORUS EXPERIENCE	CI CICLO			PI AQUADYNAMIC		PB CROSS FAMILY	10:45
11:00	CI CICLO		S1 EN FORMA	PI AQUADYNAMIC	S1 EN FORMA	S1 B. PUMP	S1 SH'BAM	11:00
11:00	S1 SH'BAM		PI AQUAFITNESS	S1 B. PUMP				11:00
11:00			CI FORUS BIKERS					11:00
11:15		S1 EN FORMA						11:15
11:15		PI AQUADYNAMIC			S2 YOGA		S2 YOGA	11:15
11:30	PI AQUAFITNESS	S2 B. BALANCE	S2 B. BALANCE	S2 PILATES	★	CI CICLO	IW I. WALKING	11:30
11:30	S2 PILATES					S2 B. BALANCE		11:30
11:45		IW I. WALKING					PB DINAMIZACIÓN	11:45
12:00	S1 EN FORMA		S1 ZUMBA	SP FORUS EXPERIENCE	S1 COMBAT BASIC	S1 ZUMBA	S1 B. PUMP	12:00
12:15							S2 PILATES	12:15
12:15							PI AQUASPORT MIX 4-11	12:15
12:30			PI AQUAFITNESS			IW I. WALKING	CI CICLO	12:30
12:30						PB SPORT FAMILY		12:30
12:45	PI AQUAFITNESS					S1 B. COMBAT	S1 B. ATTACK	12:45
13:00								13:00
14:00		IW I. WALKING						14:00
14:15				CI CICLO				14:15
14:30	S1 B. PUMP							14:30
14:30	CI CICLO	SP FORUS EXPERIENCE	CI CICLO					14:30
14:45			S1 COMBAT 30'	S1 B. PUMP	CI CICLO 30'			14:45
15:00		S1 PUMP 30'						15:00
15:15					SP ABDOMINALES			15:15
15:45	S2 PILATES							15:45
16:00					S1 OLEFIT			16:00
16:30	PB EXPRESSION GAMES 4-7		PB EXPRESSION GAMES 4-7		PI AQUA GAMES 4-7			16:30
16:45	S1 SH'BAM	S1 FITNESS						16:45
17:00					S1 B. PUMP	S2 COMBAT FAMILY		17:00
17:00			S1 GAP	S1 FITNESS				17:00
17:30		PB SPORT KIDS 8-11			PB SPORT KIDS 8-11			17:00
17:30	PB SH'BAM KIDS 8-11	S2 B. COMBAT	PB YOGA KIDS 8-11	PB GYM GAMES 4-7	S2 PILATES BASIC			17:30
17:45		CI CICLO 30'						17:45
17:45	S2 PILATES	S1 ZUMBA						17:45
18:00	S1 GAP		S1 SH'BAM	IW I. WALKING	S2 YOGA	SP FORUS EXPERIENCE		18:00
18:00			IW I. WALKING			S2 DINAMIZACIÓN		18:00
18:15				S2 PILATES	★	S1 ZUMBA		18:15
18:15		SP QUEENAX PILATES	★ S2 PILATES	★ S1 ZUMBA	CI CICLO			18:15
18:30	PB SPORT GAMES 4-7	CI CICLO	PB SPORT KIDS 8-11					18:30
18:30	IW I. WALKING	S2 B. BALANCE		PB SH'BAM KIDS 8-11	SP FORUS EXPERIENCE			18:30
18:30		PB BODY GAMES 4-7				S2 BALANCE MIX 4-11		18:30
18:45	S2 B. BALANCE	S1 B. ATTACK	SP FORUS EXPERIENCE	CI CICLO				18:45
19:00	EX PÁDEL FREE		CI CICLO					19:00
19:00	S1 B. COMBAT	PI AQUAFITNESS	S1 B. COMBAT	PI AQUAFITNESS	S2 B. BALANCE	CI CICLO		19:00
19:15	CI CICLO	★ SP ABDOMINALES	★ S2 YOGA	★ S1 B. PUMP	IW I. WALKING			19:15
19:15				S2 YOGA	S1 GAP			19:15
19:30	SP QUEENAX PILATES	S2 PILATES	★ PI AQUAFITNESS	PI FORUS SWIMMERS	PI AQUAFITNESS			19:30
19:30	PI AQUAFITNESS	IW I. WALKING	EX FORUS RUNNERS					19:30
19:45		S1 B. PUMP	★	SP ABDOMINALES	★			19:45
19:45	S2 YOGA	SP FORUS EXPERIENCE	★ SP QUEENAX PILATES	★ IW I. WALKING				19:45
20:00	S1 ZUMBA	★ CI CICLO	★ IW I. WALKING	CI CICLO				20:00
20:00		PI FORUS SWIMMERS	S1 ZUMBA		S2 PILATES			20:00
20:15				PI AQUADYNAMIC				20:15
20:15				SP FORUS EXPERIENCE	★	S1 B. COMBAT		20:15
20:15			S2 B. BALANCE	S2 B. BALANCE	CI CICLO			20:15
20:15	IW I. WALKING	PI AQUAFITNESS	CI CICLO	S1 SH'BAM				20:15
20:30	SP ABDOMINALES	★ S2 YOGA	PI AQUAFITNESS					20:30
20:30	EX RUNNERS AV		EX PÁDEL FREE					20:30
20:45	S2 PILATES	IW I. WALKING						20:45
20:45	PI AQUADYNAMIC	S1 SH'BAM						20:45
21:00	SP FORUS EXPERIENCE	CI CICLO	S1 B. PUMP					21:00
21:00	S1 B. PUMP	EX RUNNERS INI						21:00
21:15	CI CICLO		CI CICLO	CI CICLO	CI FORUS BIKERS			21:15
21:15			S2 B. ATTACK	S1 B. COMBAT				21:15
21:15				S2 ESPALDA SANA				21:15