

HORARIO ACTIVIDADES MURCIA 13-07-2020

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

| LUNES | | MARTES | | MIÉRCOLES | | JUEVES | | VIERNES | | SÁBADO | | DOMINGO | | | | | | | | | | | |
|-------|----|--------------------|-------|-----------|------------------------|--------|----|--------------------|-------|--------|------------------------|---------|----|--------------------|-------|----|--------------|-------|----|--------------------|-------|----|--------------------|
| 07:15 | S1 | FITNESS | 07:15 | SC | ★ CICLO | 07:15 | S1 | ★ GAP | 07:15 | SC | CICLO | 07:15 | S1 | B. PUMP | 09:15 | S1 | GAP | 09:15 | SC | ★ CICLO | | | |
| 08:45 | S2 | ★ PILATES | 08:15 | S1 | B. PUMP | 08:15 | SC | CICLO | 08:15 | S2 | ★ ESPALDA SANA | 08:30 | S2 | B. BALANCE | 09:30 | SC | ★ CICLO | 10:00 | S1 | B. PUMP | 10:00 | S1 | B. PUMP |
| 08:45 | SI | I. WALKING | 08:30 | S2 | ★ ESPALDA SANA | 09:00 | S2 | ★ PILATES | 09:15 | S2 | B. BALANCE | 08:45 | SI | I. WALKING | 09:30 | S2 | YOGA | 11:00 | S1 | B. COMBAT | 11:00 | SI | ★ I. WALKING |
| 09:00 | EX | ★ PÁDEL FREE | 09:15 | S1 | ★ ZUMBA | 09:15 | S1 | ★ B. PUMP | 09:30 | SI | I. WALKING | 09:15 | SC | ★ CICLO | 10:15 | S1 | B. ATTACK | 11:00 | SI | ★ I. WALKING | 11:00 | SI | ★ I. WALKING |
| 09:30 | S5 | ★ QUEENAX PILATES | 09:15 | PI | AQUAFITNESS | 09:15 | SI | ★ I. WALKING | 09:45 | SC | ★ CICLO | 09:30 | PI | ★ AQUAFITNESS | 10:30 | S2 | ★ PILATES | 11:30 | S5 | ★ FORUS EXPERIENCE | 11:30 | S5 | ★ FORUS EXPERIENCE |
| 09:30 | S1 | B. COMBAT | 09:30 | SC | ★ CICLO | 09:30 | PI | ★ AQUADYNAMIC | 10:00 | S1 | ★ B. PUMP | 09:30 | S2 | ★ HIPOPRESIVOS | 10:30 | SC | ★ CICLO | 11:30 | S2 | CXWORX | 11:30 | S2 | CXWORX |
| 09:30 | PI | ★ AQUADYNAMIC | 09:30 | S2 | ★ PILATES | 10:00 | EX | AF MAYORES +70 | 10:15 | S2 | YOGA | 09:45 | S5 | ★ QUEENAX PILATES | 11:00 | PB | SPORT FAMILY | 12:00 | S2 | ★ YOGA | 12:00 | S2 | ★ YOGA |
| 09:45 | S2 | ★ YOGA | 10:30 | S2 | ★ YOGA | 10:00 | SC | ★ CICLO | 10:30 | SI | I. WALKING | 10:15 | S1 | ★ ZUMBA | 11:15 | S1 | ★ B. PUMP | 12:00 | S1 | ★ GAP | 12:00 | S1 | ★ GAP |
| 09:45 | SC | ★ CICLO | 10:30 | SI | I. WALKING | 10:00 | S2 | ★ ABDOMINALES | 11:00 | S1 | ★ SH'BAM | 10:30 | S2 | ABDOMINALES | 11:30 | SI | ★ I. WALKING | 12:00 | SC | ★ CICLO | 12:00 | SC | ★ CICLO |
| 10:30 | S1 | ★ B. PUMP | 11:15 | PI | AQUAFITNESS | 10:30 | S2 | ★ B. BALANCE | 11:30 | SC | CICLO | 10:30 | SI | ★ I. WALKING | 12:00 | SC | ★ CICLO | 12:15 | PI | AQUAFITNESS | 12:15 | PI | AQUAFITNESS |
| 10:45 | S2 | ★ PILATES | 11:15 | S1 | EN FORMA | 10:30 | SI | I. WALKING | 11:30 | PI | AQUADYNAMIC | 10:30 | EX | ★ PÁDEL FREE | 12:15 | S2 | B. BALANCE | 12:30 | PB | ★ DINAMIZACIÓN | 12:30 | PB | ★ DINAMIZACIÓN |
| 11:30 | S1 | ★ SH'BAM | 11:30 | S2 | B. BALANCE | 11:00 | PI | ★ AQUAFITNESS | 11:45 | S2 | PILATES | 11:00 | S2 | ★ PILATES | 12:30 | S1 | ★ ZUMBA | 13:00 | SI | I. WALKING | 13:00 | SI | I. WALKING |
| 11:30 | SC | CICLO | 11:45 | SC | CICLO | 11:15 | S1 | ★ EN FORMA | 14:30 | SI | I. WALKING | 11:00 | PI | ★ AQUADYNAMIC | 13:15 | PI | AQUAFITNESS | 13:00 | S2 | ★ PILATES | 13:00 | S2 | ★ PILATES |
| 11:30 | PI | ★ AQUAFITNESS | 14:30 | S1 | GAP | 11:30 | S2 | ★ PILATES | 17:30 | S2 | ABDOMINALES | 11:15 | S1 | ★ B. PUMP | 18:15 | S1 | B. PUMP | 13:15 | PI | AQUASPORT MIX 4-11 | 13:15 | PI | AQUASPORT MIX 4-11 |
| 11:30 | S5 | ★ FORUS EXPERIENCE | 17:00 | SC | CICLO | 12:15 | S1 | ZUMBA | 18:00 | S2 | ★ PILATES | 12:00 | S2 | YOGA | 19:15 | SC | ★ CICLO | | | | | | |
| 11:45 | S2 | CXWORX | 17:30 | S2 | HIPOPRESIVOS | 17:15 | S2 | ★ PILATES | 18:00 | SI | ★ I. WALKING | 17:15 | SI | I. WALKING | | | | | | | | | |
| 14:30 | SC | CICLO | 17:30 | PB | ★ SPORT KIDS 8-11 | 18:00 | S1 | ★ B. PUMP | 18:00 | PB | ★ EXPRESSION GAMES 4-7 | 17:30 | S1 | ★ B. PUMP | | | | | | | | | |
| 17:45 | S2 | B. BALANCE | 18:00 | S5 | ★ EXPRESSION GAMES 4-7 | 18:15 | S2 | SH'BAM | 18:15 | S1 | ★ B. PUMP | 18:00 | PB | SPORT KIDS 8-11 | | | | | | | | | |
| 18:00 | SC | ★ CICLO | 18:30 | S2 | ★ ZUMBA | 18:30 | PB | ★ SPORT KIDS 8-11 | 18:30 | S5 | SH'BAM KIDS 8-11 | 18:00 | S5 | ★ ABDOMINALES | | | | | | | | | |
| 18:00 | S1 | ★ GAP | 18:45 | S1 | CXWORX | 18:30 | SC | ★ CICLO | 18:45 | SC | ★ CICLO | 18:30 | S1 | ZUMBA | | | | | | | | | |
| 18:00 | S5 | ★ SH'BAM KIDS 8-11 | 18:45 | SI | ★ I. WALKING | 19:00 | S1 | B. ATTACK | 19:00 | PI | AQUAFITNESS | 18:30 | S5 | ★ FORUS EXPERIENCE | | | | | | | | | |
| 19:00 | S1 | ★ B. COMBAT | 19:00 | S5 | ★ QUEENAX PILATES | 19:00 | S5 | ★ ABDOMINALES | 19:00 | S2 | ★ YOGA | 18:30 | SC | ★ CICLO | | | | | | | | | |
| 19:00 | PB | ★ SPORT GAMES 4-7 | 19:00 | SC | ★ CICLO | 19:15 | S2 | ★ YOGA | 19:15 | S1 | ★ B. COMBAT | 18:45 | S2 | ★ YOGA | | | | | | | | | |
| 19:15 | SC | ★ CICLO | 19:00 | PI | AQUADYNAMIC | 19:15 | SI | ★ I. WALKING | 19:45 | SI | ★ I. WALKING | 19:15 | SI | I. WALKING | | | | | | | | | |
| 19:15 | S2 | ★ SH'BAM | 19:15 | S1 | ★ B. PUMP | 19:30 | S5 | ★ FORUS EXPERIENCE | 20:00 | SC | ★ CICLO | 19:30 | S1 | ★ GAP | | | | | | | | | |
| 19:30 | SI | ★ I. WALKING | 19:30 | S2 | ★ PILATES | 19:30 | SC | ★ CICLO | 20:00 | S2 | ★ SH'BAM | 19:45 | PI | AQUAFITNESS | | | | | | | | | |
| 19:30 | PI | ★ AQUAFITNESS | 20:00 | PI | AQUAFITNESS | 20:00 | S1 | ★ ZUMBA | 20:15 | S1 | CXWORX | 19:45 | S2 | ★ PILATES | | | | | | | | | |
| 20:00 | S1 | ★ ZUMBA | 20:00 | SI | ★ I. WALKING | 20:15 | SI | ★ I. WALKING | 20:45 | S1 | B. PUMP | 19:45 | SC | ★ CICLO | | | | | | | | | |
| 20:15 | S2 | ★ YOGA | 20:00 | S5 | ★ FORUS EXPERIENCE | 20:15 | S2 | B. BALANCE | | | | 20:00 | EX | ★ PÁDEL FREE | | | | | | | | | |
| 20:15 | EX | ★ ABDOMINALES | 20:15 | S1 | B. ATTACK | 20:30 | PI | AQUAFITNESS | | | | | | | | | | | | | | | |
| 20:15 | SC | ★ CICLO | 20:15 | SC | ★ CICLO | 20:30 | SC | CICLO | | | | | | | | | | | | | | | |
| 20:30 | SI | ★ I. WALKING | 20:30 | S2 | ★ ABDOMINALES | 21:00 | EX | ★ PÁDEL FREE | | | | | | | | | | | | | | | |
| 20:45 | EX | ★ FORUS EXPERIENCE | 21:00 | SI | ★ I. WALKING | 21:15 | S2 | ★ PILATES | | | | | | | | | | | | | | | |
| 21:00 | S1 | ★ B. PUMP | 21:15 | S2 | YOGA | | | | | | | | | | | | | | | | | | |
| 21:15 | S2 | ★ PILATES | 21:15 | SC | ★ CICLO | | | | | | | | | | | | | | | | | | |

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

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. Puedes consultar la duración de las actividades en la web de Forus. 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 la APP ENFORMAPP desde 45 minutos antes del inicio de la actividad. **IMPORTANTE:** Debido a las medidas de prevención contra el COVID 19, el totem de reserva quedará fuera de servicio temporalmente.