

HORARIO FORUS PARLA

De Lunes a viernes: de 08:00 a 23:00h

Sábados: de 09:00 a 22:00h

Domingos y festivos: de 09:00 a 14:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES



JUNIOR Y

COREOGRAFIADAS

FAMILIARES

SENIOR

RAQUETA

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|---------------------|--------------------------|---------------------|---------------------|-------------------|----------------|----------------|---------|
| 08:15 | ZM FUNCIONAL | SC CICLO | S3 B. PUMP | SW I. WALKING | S3 B. COMBAT | | | 08:15 |
| 09:00 | SC CICLO | | | | | | | 09:00 |
| 09:15 | PI FORUS SWIMMERS | SW I. WALKING | S3 ZUMBA | | AL RUNNERS AV | | PI FAMILIAR | 09:15 |
| 09:15 | | | PI FORUS SWIMMERS | S2 CXWORX | S3 PUMP 30' | | | 09:15 |
| 09:30 | S2 STEP | | LD PILATES | ★ | PI FORUS SWIMMERS | | | 09:30 |
| 09:30 | S3 EN FORMA | S2 SH'BAM | S2 COMBAT-CXWORX | S3 B. ATTACK | SC CICLO | SW I. WALKING | ★ SC CICLO | ★ 09:30 |
| 09:45 | | S3 GAP | AL RUNNERS AV | | S2 SH'BAM | | | 09:45 |
| 09:45 | | | | | S3 COMBAT-BALANCE | | | 09:45 |
| 10:00 | AL FORUS RUNNERS | SC CICLO | PI AQUADYNAMIC | SC CICLO | | S3 SH'BAM | | 10:00 |
| 10:00 | ZM ABDOMINALES | | SW I. WALKING | ★ S2 PILATES | | | | 10:00 |
| 10:15 | | SW I. WALKING | ★ S3 EN FORMA | | | | | 10:15 |
| 10:30 | S2 COMBAT 30' | S2 B. BALANCE | SC CICLO | SW I. WALKING | ★ SW I. WALKING | ★ S2 B. COMBAT | S3 B. COMBAT | 10:30 |
| 10:30 | SW I. WALKING | ★ PI AQUAFITNESS | S2 YOGA | S3 B. PUMP | | | S2 PILATES | 10:30 |
| 10:30 | S3 PILATES | | | | | | | 10:30 |
| 10:45 | | S3 B. COMBAT | | | S2 PILATES | | | 10:45 |
| 10:45 | | | | | S3 GAP | | | 10:45 |
| 10:45 | | | | | ZM ABDOMINALES | | | 10:45 |
| 11:00 | S2 ZUMBA | | ZM ABDOMINALES | S2 SH'BAM | | S3 B. PUMP | | 11:00 |
| 11:15 | | | | | PI AQUADYNAMIC | | | 11:15 |
| 11:30 | S3 B. PUMP | | S2 B. BALANCE | | | S2 B. BALANCE | S2 ZUMBA | 11:30 |
| 11:30 | PI AQUADYNAMIC | S2 PILATES | S3 LATINO | S3 B. COMBAT | ZM ESTIRAMIENTOS | ZM ABDOMINALES | SW I. WALKING | ★ 11:30 |
| 11:45 | SW I. WALKING | ★ S3 PUMP 30' | LD MAMÁS Y BEBÉS | | S2 ZUMBA | | | 11:45 |
| 12:00 | S2 YOGA | | | S2 B. BALANCE | S3 PUMP BASIC | SC CICLO | ★ | 12:00 |
| 12:00 | | | | PI AQUAFITNESS | | | | 12:00 |
| 12:30 | | S2 YOGA | | ZM ABDOMINALES | | S3 ZUMBA | S3 B. PUMP | 12:30 |
| 12:30 | | | | | | | S2 ABDOMINALES | 12:30 |
| 13:00 | S2 HIPOPRESIVOS | | | | | S2 CXWORX | | 13:00 |
| 14:15 | PI FORUS SWIMMERS | | PI FORUS SWIMMERS | | | | | 14:15 |
| 14:30 | SC CICLO | S3 B. PUMP | S3 COMBAT-CXWORX | SW I. WALKING | ★ S3 FITNESS | | | 14:30 |
| 16:00 | | | S2 YOGA | | | | | 16:00 |
| 16:15 | | S3 EMBARAZADAS | | | | | | 16:15 |
| 16:45 | S2 CROSS TRAINING | S2 PILATES | S3 SH'BAM | | S2 PILATES BASIC | | | 16:45 |
| 17:00 | PI AQUAFITNESS | | S2 HIPOPRESIVOS | | S3 ZUMBA | S3 B. PUMP | | 17:00 |
| 17:00 | S3 GAP | | | | | | | 17:00 |
| 17:15 | | | | PI AQUAFITNESS | | | | 17:15 |
| 17:15 | | S3 ESTIRAMIENTOS | | SW I. WALKING | ★ PI FAMILIAR | | | 17:15 |
| 17:30 | | | PI AQUADYNAMIC | | AL RUNNERS INI | | | 17:30 |
| 17:45 | | SC CICLO | | | | | | 17:45 |
| 17:45 | | S3 B. PUMP | ★ | S3 EN FORMA | | | | 17:45 |
| 17:45 | S2 PILATES | S2 B. BALANCE | S3 B. COMBAT | SC CICLO | | | | 17:45 |
| 18:00 | SW I. WALKING | ★ LD PSICOMOTRICIDAD 4-7 | S2 LATINO | PI ACUÁTICOS 4-7 | SW I. WALKING | ★ SC CICLO | ★ | 18:00 |
| 18:00 | LD PREDEPORTE 4-7 | | LD PREDEPORTE 4-7 | | S2 COMBAT BASIC | | | 18:00 |
| 18:00 | S3 B. ATTACK | | | | S3 LATINO | | | 18:00 |
| 18:15 | SC CICLO | | SW I. WALKING | ★ S2 YOGA | PI AQUADYNAMIC | | | 18:15 |
| 18:15 | | | | | SC CICLO 30' | | | 18:15 |
| 18:30 | | | SC CICLO | SW I. WALKING | ★ S2 PILATES | | | 18:30 |
| 18:45 | | S2 YOGA | | | | | | 18:45 |
| 18:45 | | SW I. WALKING | ★ S3 CXWORX | S3 SH'BAM | | | | 18:45 |
| 18:45 | S2 ESTIRAMIENTOS | S3 ZUMBA | | | | | | 18:45 |
| 19:00 | S3 B. PUMP | | | | | | | 19:00 |
| 19:00 | PI AQUADYNAMIC | LD BAILE 8-11 | | | | | | 19:00 |
| 19:00 | SW I. WALKING | ★ | LD MULTIDPORTE 8-11 | PI MULTIDPORTE 8-11 | S3 B. PUMP | | | 19:00 |
| 19:00 | LD MULTIDPORTE 8-11 | SC CICLO | S2 ZUMBA | SC CICLO | SC CICLO | | | 19:00 |
| 19:15 | S2 SH'BAM | | | S2 PILATES | | | | 19:15 |
| 19:15 | | | S3 B. ATTACK | | | | | 19:15 |
| 19:30 | SC CICLO | PI AQUADYNAMIC | ZM FUNCIONAL | PI FORUS SWIMMERS | S2 B. BALANCE | | | 19:30 |
| 19:30 | | | | | AL RUNNERS AV | | | 19:30 |
| 19:45 | | PI FORUS SWIMMERS | | ZM FUNCIONAL | | | | 19:45 |
| 19:45 | | S2 PILATES | | SW I. WALKING | | | | 19:45 |
| 19:45 | | S3 CXWORX | | S3 B. COMBAT | | | | 19:45 |
| 19:45 | | | SC CICLO | | | | | 19:45 |
| 20:00 | ZM ABDOMINALES | SW I. WALKING | ★ AL FORUS RUNNERS | PI AQUADYNAMIC | SW I. WALKING 30' | | | 20:00 |
| 20:00 | S3 CXWORX | | ZM ABDOMINALES | | S3 B. COMBAT | | | 20:00 |
| 20:00 | SW I. WALKING | | S2 PILATES | | | | | 20:00 |
| 20:15 | | | | SC CICLO | | | | 20:15 |
| 20:15 | AL RUNNERS AV | SC FORUS BIKERS | | ZM ABDOMINALES | | | | 20:15 |
| 20:15 | S2 B. BALANCE | S3 SH'BAM | S3 B. PUMP | S2 STEP | | | | 20:15 |
| 20:30 | S3 B. COMBAT | ZM ABDOMINALES | SW I. WALKING | | | | | 20:30 |
| 20:45 | | S2 HIPOPRESIVOS | | | | | | 20:45 |
| 20:45 | SC CICLO | ZM FUNCIONAL | | | S3 B. PUMP | | | 20:45 |
| 21:00 | ZM FUNCIONAL | | S2 B. BALANCE | SW I. WALKING | | | | 21:00 |
| 21:00 | | | SC CICLO | | | | | 21:00 |
| 21:15 | S2 ZUMBA | S3 ATTACK-COMBAT | S3 SH'BAM | | | | | 21:15 |
| 21:30 | S3 YOGA | SC CICLO | | | | | | 21:30 |

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- 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 de acceso en recepción.
- Las actividades 30, BASIC, Abdomen, Cx-Worx, Funcional, Estiramientos y F. Runners Ini. tendrán una duración de 25 min.
- Las actividades familiares están dirigidas a niños acompañados de adultos.
- Las actividades marcadas con una estrella (*) son de reserva previa desde 30 min. antes de la hora de inicio de la actividad a excepción de las actividades acuáticas, que serán con 45 min.

HORARIO EN VIGOR A PARTIR DEL 17.09.2018