

HORARIO TEMPORA 2022-2023



■ CUERPO MENTE ■ ACUÁTICAS ■ TONIFICACIÓN ■ CARDIOVASCULARES ■ BAILE ■ INFANTILES Y FAMILIARES ■ SENIOR ■ FREE ■ ENTRENA+ ■ OUTDOOR ■ FORLIVE ■ COS MENT ■ AQUÁTICAS
■ TONIFICACIÓ ■ CARDIOVASCULARS ■ BALL ■ INFANTILS I FAMILIARS ■ SENIOR

| LUNES | | MARTES | | MIÉRCOLES | | JUEVES | | VIERNES | | SÁBADO | | DOMINGO | | | | | | | | | | | |
|-------|----|----------------------|-------|-----------|----------------|--------|----|--------------------|-------|--------|--------------------|---------|----|----------------------|-------|----|----------------|-------|----|----------------|-------|----|----------------|
| 08:15 | SI | I. WALKING | 08:15 | SC | CICLO | 08:15 | S1 | B. PUMP | 08:15 | SI | ★ I. WALKING | 08:15 | S2 | YOGA | 09:15 | SI | I. WALKING | 09:15 | S1 | B. PUMP | | | |
| 09:00 | EX | FORXTRAINING | 09:15 | PI | FORUS SWIMMERS | 08:30 | S2 | B. COMBAT | 09:00 | S1 | LES MILLS CORE | 09:00 | S1 | PUMP-CORE | 09:15 | EX | ★ PÁDEL FREE | 09:15 | SI | I. WALKING | 09:15 | SI | I. WALKING |
| 09:00 | SC | CICLO | 09:15 | SI | I. WALKING | 09:00 | SI | I. WALKING | 09:30 | S1 | ZUMBA | 09:15 | EX | RUNNERS AV | 09:30 | S1 | LES MILLS CORE | 09:30 | EX | FORXTRAINING | 09:30 | EX | FORXTRAINING |
| 09:15 | S1 | EN FORMA | 09:30 | S2 | YOGA | 09:15 | S1 | SH'BAM | 09:30 | PI | AQUAFITNESS | 09:15 | S2 | B. BALANCE | 10:15 | SI | I. WALKING | 09:30 | S2 | YOGA | 09:30 | S2 | YOGA |
| 09:30 | SI | I. WALKING | 09:45 | S1 | B. PUMP | 09:30 | S2 | PILATES | 09:45 | S2 | PILATES | 09:30 | SC | CICLO | 10:15 | S1 | SH'BAM | 10:15 | S1 | B. ATTACK | 10:15 | S1 | B. ATTACK |
| 10:00 | S2 | PILATES | 10:15 | SC | CICLO | 10:00 | PI | AQUADYNAMIC | 10:00 | SC | CICLO | 10:00 | EX | FORXTRAINING | 10:30 | S2 | B. COMBAT | 10:30 | SC | CICLO | 10:30 | SC | CICLO |
| 10:15 | S1 | LES MILLS CORE | 10:30 | S2 | SH'BAM | 10:15 | SC | CICLO | 10:30 | S1 | B. PUMP | 10:00 | S1 | SH'BAM | 11:15 | S1 | B. PUMP | 10:30 | S2 | PILATES | 10:30 | S2 | PILATES |
| 10:30 | SI | I. WALKING | 10:45 | S1 | B. COMBAT | 10:15 | S1 | EN FORMA | 10:45 | S2 | SH'BAM | 10:00 | PI | FORUS SWIMMERS | 11:30 | S2 | B. BALANCE | 11:15 | S1 | SPORT FAMILY | 11:15 | S1 | SPORT FAMILY |
| 10:30 | EX | FORUS RUNNERS | 11:00 | PI | AQUAFITNESS | 10:30 | S2 | YOGA | 11:00 | SI | I. WALKING | 10:15 | S2 | B. COMBAT | 11:30 | S2 | CICLO | 11:30 | SI | I. WALKING | 11:30 | SI | I. WALKING |
| 10:45 | S1 | ZUMBA | 11:15 | SI | I. WALKING | 11:15 | S1 | B. ATTACK | 11:30 | S1 | B. ATTACK | 10:30 | SI | ★ I. WALKING | 12:15 | PI | AQUAFITNESS | 11:30 | S2 | ZUMBA | 11:30 | S2 | ZUMBA |
| 11:00 | S2 | B. COMBAT | 11:30 | S2 | LES MILLS CORE | 11:30 | S2 | B. BALANCE | 11:45 | S2 | B. BALANCE | 11:00 | S1 | GAP | 12:15 | S1 | ZUMBA | 12:15 | S5 | DINAMIZACIÓN | 12:15 | S5 | DINAMIZACIÓN |
| 11:30 | PI | AQUADYNAMIC | 11:45 | S1 | FITNESS | 11:30 | SI | I. WALKING | 12:00 | SC | CICLO | 11:15 | S2 | PILATES | 12:30 | S2 | SPORT FAMILY | 12:15 | S1 | LES MILLS CORE | 12:15 | S1 | LES MILLS CORE |
| 11:45 | SC | CICLO | 12:00 | S2 | PILATES | 12:15 | S1 | LES MILLS CORE | 12:00 | PI | AQUAFITNESS | 11:15 | PI | AQUADYNAMIC | 16:30 | S2 | PILATES | 12:30 | EX | ★ PÁDEL FREE | 12:30 | EX | ★ PÁDEL FREE |
| 11:45 | S1 | B. PUMP | 12:15 | SC | CICLO | 14:15 | PI | FORUS SWIMMERS | 14:30 | SI | I. WALKING | 11:45 | SC | CICLO | 17:30 | S1 | CROSS MIX 4-11 | 12:45 | SC | CICLO | 12:45 | SC | CICLO |
| 12:00 | S2 | YOGA | 14:30 | S1 | B. PUMP | 14:30 | S1 | FITNESS | 17:00 | SI | I. WALKING | 12:00 | S1 | ZUMBA | 18:00 | SC | CICLO | 12:45 | S5 | MOVE FAMILY | 12:45 | S5 | MOVE FAMILY |
| 13:00 | S2 | HIPOPRESIVOS | 16:45 | S5 | AQUA GAMES 4-7 | 17:00 | S5 | AQUASPORTKIDS 8-11 | 17:00 | S2 | GYM GAMES 4-7 | 14:15 | S2 | PILATES | 18:30 | S1 | DINAMIZACIÓN | | | | | | |
| 14:15 | PI | FORUS SWIMMERS | 17:00 | S2 | LES MILLS CORE | 17:30 | SC | CICLO | 17:15 | S1 | GAP | 17:00 | S5 | EXPRESSION GAMES 4-7 | 19:00 | S1 | B. PUMP | | | | | | |
| 14:30 | SC | CICLO | 17:00 | SC | CICLO | 17:45 | S1 | B. COMBAT | 17:45 | SC | CICLO | 17:00 | SI | I. WALKING | 19:00 | S5 | MOVE FAMILY | | | | | | |
| 17:00 | S5 | SPORT GAMES 4-7 | 17:15 | S1 | B. COMBAT | 18:00 | S2 | YOGA | 18:00 | S5 | AQUA GAMES 4-7 | 17:30 | S1 | LES MILLS CORE | | | | | | | | | |
| 17:00 | S1 | GAP | 17:30 | S2 | B. BALANCE | 18:00 | S5 | GYM GAMES 4-7 | 18:15 | ZF | ABDOMINALES | 18:00 | SC | CICLO | | | | | | | | | |
| 17:15 | SI | ★ I. WALKING | 18:00 | S5 | CROSS MIX 4-11 | 18:15 | SI | ★ I. WALKING | 18:15 | S2 | B. BALANCE | 18:00 | S1 | SH'BAM | | | | | | | | | |
| 17:45 | S2 | PILATES | 18:00 | SI | I. WALKING | 18:30 | PI | AQUADYNAMIC | 18:15 | S1 | SH'BAM | 18:00 | S5 | GYM KIDS 8-11 | | | | | | | | | |
| 18:00 | S5 | EXPRESSION GAMES 4-7 | 18:15 | S1 | B. PUMP | 18:45 | S1 | LES MILLS CORE | 19:00 | S5 | AQUASPORTKIDS 8-11 | 18:15 | PI | AQUAFITNESS | | | | | | | | | |
| 18:00 | S1 | B. ATTACK | 18:30 | S2 | YOGA | 19:00 | S5 | SPORT KIDS 8-11 | 19:00 | EX | FORXTRAINING | 18:30 | S2 | PILATES | | | | | | | | | |
| 18:15 | SC | CICLO | 19:00 | SC | CICLO | 19:00 | S2 | ZUMBA | 19:15 | S1 | LES MILLS CORE | 19:00 | ZF | FUNCIONAL | | | | | | | | | |
| 18:45 | S2 | SH'BAM | 19:00 | S5 | GYM KIDS 8-11 | 19:15 | ZF | FUNCIONAL | 19:15 | S2 | PILATES | 19:00 | S1 | ★ B. PUMP | | | | | | | | | |
| 19:00 | S5 | SPORT KIDS 8-11 | 19:00 | EX | ★ PÁDEL FREE | 19:15 | S1 | B. ATTACK | 19:30 | SC | CICLO | 19:00 | EX | FORUS RUNNERS | | | | | | | | | |
| 19:00 | PI | AQUAFITNESS | 19:15 | S1 | ★ ZUMBA | 19:30 | SC | CICLO | 19:45 | S1 | B. COMBAT | 19:30 | S2 | B. BALANCE | | | | | | | | | |
| 19:00 | S1 | ★ B. PUMP | 19:30 | PI | AQUAFITNESS | 19:30 | EX | ★ PÁDEL FREE | 19:45 | SI | I. WALKING | 19:30 | EX | FORXTRAINING | | | | | | | | | |
| 19:15 | SI | ★ I. WALKING | 19:30 | S2 | PILATES | 19:45 | EX | FORUS RUNNERS | 20:00 | PI | FORUS SWIMMERS | 19:30 | SI | I. WALKING | | | | | | | | | |
| 19:45 | S2 | B. BALANCE | 20:00 | SI | I. WALKING | 20:00 | S2 | PILATES | 20:00 | PI | AQUAFITNESS | 20:00 | SC | CICLO | | | | | | | | | |
| 20:00 | EX | RUNNERS AV | 20:15 | S1 | SH'BAM | 20:15 | PI | AQUAFITNESS | 20:15 | S2 | YOGA | 20:00 | S1 | B. COMBAT | | | | | | | | | |
| 20:00 | S1 | B. COMBAT | 20:30 | S2 | ABDOMINALES | 20:15 | S1 | B. PUMP | 20:30 | SC | CICLO | 20:30 | S2 | ZUMBA | | | | | | | | | |
| 20:15 | SC | CICLO | 21:00 | SC | ★ CICLO | 20:30 | SI | I. WALKING | 20:45 | S1 | B. PUMP | | | | | | | | | | | | |
| 21:00 | S1 | LES MILLS CORE | 21:15 | S1 | B. ATTACK | 21:00 | SC | CICLO | 21:15 | EX | ★ PÁDEL FREE | | | | | | | | | | | | |
| 21:15 | SI | I. WALKING | | | | | | | | | | | | | | | | | | | | | |

De lunes a viernes: de 8:00h a 23:00h

Sábados: de 9:00h a 22:00h

Domingos: 9:00h a 14:00h

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. Las actividades 30, Abdomen, Cx-Worx, Funcional, Estiramientos y Runners Ini. tendrán una duración de 25 min; las actividades de Ciclo indoor, Indoor walking, Sh'bam y Aquadynamic tendrán una duración de 45 min, y el resto de las actividades de 50 min, a excepción de Ciclo Maxy Runners AV, que tendrán una duración de 1h 20 min. A las Actividades Family podrá acceder todo tipo de público siempre y cuando vayan acompañados de niños. Las actividades realizadas en el exterior pueden ver modificados su espacio y su aforo por inclemencias meteorológicas. Las actividades marcadas con una estrella (*) son de reserva previa con la APP desde 45 min antes de la hora de inicio de la actividad. Las actividades ForLive podrán ser vistas a través de la APP de Forus, accediendo a Forus en Casa en el canal de ForLive en las horas establecidas.