HORARIO FORUS LUGO

CUERPO Y MENTE | ACUÁTICAS | TONIFICACIÓN | CARDIOVASCULARES | JUNIOR Y FAMILIARES | COREOGRAFIADAS | SENIOR | RAQUETA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15		SC CICLO			S4 B. PUMP			07:15
07:30	ZM FUNCIONAL		ZM FUNCIONAL	SC CICLO 30´				07:30
08:00	SC CICLO	S2 YOGA	SI I. WALKING					08:00
08:00		S4 B. PUMP		S2 YOGA				08:00
08:45				PI AQUAFITNESS				08:45
09:00		SC CICLO BASIC						09:00
09:00			PI AQUAFITNESS					09:00
09:00		S2 HIPOPRESIVOS						09:00
09:00	S4 B. PUMP			S4 B. COMBAT				09:00
09:30			SC CICLO		S4 ZUMBA	SC CICLO		09:30
09:30		EX					S4 B. COMBAT	09:30
09:45	S2 YOGA			SC CICLO				09:45
10:00	PI AQUAFITNESS		S4 GAP					10:00
10:00	SI I. WALKING							10:00
10:00	S4 GAP	S4 B. COMBAT		S4 B. PUMP				10:00
10:05			S2 ESTIRAMIENTOS					10:05
10:15	S5 ESTIRAMIENTOS	S5 ESCUELA DE		S5 ESCUELA DE	S5 ESTIRAMIENTOS			10:15
10:15		ZM FUNCIONAL	S5 JUMPING					10:15
10:30					S4 B. PUMP			10:30
10:30							SI I. WALKING	10:30
10:30		S2 PILATES			S2 B. BALANCE	S4 B. PUMP		10:30
10:45				S2 PILATES				10:45
11:00		PI AQUAFITNESS	S4 ZUMBA	S4 SH'BAM				11:00
11:00	S2 B. BALANCE	S4 B. BALANCE	S2 B. BALANCE		ZM FUNCIONAL			11:00
11:05	S4 FITNESS	ZM FUNCIONAL	ZM ABDOMINALES	ZM FUNCIONAL				11:05
11:15	PI AQUAFITNESS		PI AQUAFITNESS		PI AQUAFITNESS			11:15
11:15	S5 PILATES	PI AQUAFITNESS	S5 PILATES	PI AQUAFITNESS				11:15
11:30		SC CICLO			SI I. WALKING			11:30
11:30					S2 ZUMBA	S2 PILATES	S2 B. BALANCE	11:30
12:00		S4 PUMP BASIC						12:00
12:00	S4 ZUMBA		SI I. WALKING					12:00
12:30						S5 ZUMBA	S4 B. PUMP	12:30
14:15	S4 GAP							14:15
14:30				SC CICLO				14:30
14:30			S2 PILATES					14:30
14:45		SI I. WALKING 30´						14:45
15:00					S4 B. PUMP			15:00
15:15	SC CICLO 30´							15:15
15:15		S2 B. BALANCE						15:15
15:30			S4 PUMP 30´	S4 COMBAT 30´				15:30
17:00			ZM FUNCIONAL					17:00
17:00	S2 BAILE 4-7	EX MULTIDEPORTE 8-	EX PREDEPORTE 4-7	S2 BAILE 8-11	ZM FUNCIONAL			17:00
17:00		ZM ABDOMINALES	S2 YOGA INFANTIL	ZM ABDOMINALES				17:00
17:30	S4 COMBAT BASIC							17:30
17:30		S2 YOGA		SC CICLO				17:30
17:45			SC CICLO					17:45
18:00		SI I. WALKING						18:00
18:00		S4 GAP	S5 YOGA					18:00
18:00	S4 B. PUMP		S4 COMBAT+12	S2 PILATES+12	S2 HIPOPRESIVOS			18:00
18:15			ZM ABDOMINALES					18:15
18:15	SC CICLO							18:15
18:15			PI AQUAFITNESS					18:15
18:30				SI I. WALKING	S4 ZUMBA			18:30
18:30		S2 B. BALANCE						18:30
18:45			SI I. WALKING BASIC					18:45
18:45	S2 PILATES							18:45
18:45				S4 SH'BAM				18:45
18:45		EX						18:45
18:45			S2 B. BALANCE					18:45
19:00	S4 SH'BAM		S4 ZUMBA	S2 YOGA	SC CICLO			19:00
19:00		S4 B. PUMP						19:00
19:15			ZM FUNCIONAL		ZM FUNCIONAL			19:15
19:15	SI I. WALKING	SC CICLO	S5 SH'BAM	S6 PILATES				19:15
19:15			PI					19:15
19:30				ZM ABDOMINALES				19:30
19:30	PI AQUAFITNESS	PI AQUAFITNESS						19:30
19:30					S4 B. PUMP			19:30
19:45	ZM ABDOMINALES	ZM ABDOMINALES						19:45
19:45			S2 PILATES	S4 B. COMBAT				19:45
20:00		S4 ZUMBA	S4 GAP					20:00
20:00				S2 B. BALANCE				20:00
20:00	S4 B. COMBAT			EX	S2 B. BALANCE			20:00
20:15	SC	ZM FUNCIONAL		S5 JUMPING	SC CICLO			20:15
20:15	PI AQUAFITNESS			PI AQUAFITNESS				20:15
20:15	PI		SC CICLO					20:15
20:15	S5 STEP		S5 STEP					20:15
20:15	S2 B. BALANCE			ZM FUNCIONAL				20:15
20:30		SI I. WALKING						20:30
20:30		S2 PILATES						20:30
20:45				S4 B. PUMP				20:45
21:00			SI I. WALKING					21:00
21:15		ZM FUNCIONAL	SC CICLO					21:15
21:15	SC CICLO	SC CICLO	S2 LATINO	S2 YOGA				21:15
21:15	S5 YOGA	S5 GAP		SC CICLO				21:15
21:15	S4 FITNESS				CI CICLO			21:15
21:30	S2 HIPOPRESIVOS	S4 B. COMBAT	S4 B. PUMP					21:30
21:45				S4 ZUMBA				21:45