

HORARIO FORUS PORTO

2ª a 6ª: 7:00h - 22:30h

Sábados: 9:00h - 20:00h.

Domingos e feriados: 9:00h - 14:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES



JUNIOR Y

FAMILIARES

SENIOR

RAQUETA

BAILE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15	S1 CICLO	S3 B. PUMP	S2 I. WALKING	S3 FITNESS	S1 CICLO			07:15
08:00	S3 EN FORMA							08:00
08:15			S4 B. BALANCE		S3 EN FORMA			08:15
09:00	S4 PILATES							09:00
09:15		PI AQUAFITNESS						09:15
09:15		S4 B. BALANCE		S4 PILATES	S3 ZUMBA			09:15
09:30						S2 I. WALKING	S1 CICLO	09:30
09:30	PI AQUAFITNESS		S3 EN FORMA	S3 B. PUMP	S4 B. BALANCE	S4 B. BALANCE	S4 PILATES	09:30
09:45		S3 GAP						09:45
10:00	S3 SH'BAM	S1 CICLO	PI AQUAFITNESS	S1 CICLO				10:00
10:00			FU FUNCIONAL					10:00
10:00			EX FORUS RUNNERS					10:00
10:15				PI AQUAFITNESS				10:15
10:15	S2 I. WALKING	PI AQUAFITNESS		S4 B. BALANCE	S3 B. COMBAT			10:15
10:30								10:30
10:30	PI AQUAFITNESS		S1 CICLO	S3 CROSS TRAINING	PI AQUAFITNESS	PI AQUAFITNESS	PI AQUAFITNESS	10:30
10:30			FU ABDOMINALES					10:30
10:30			S3 ZUMBA					10:30
10:45		S3 B. COMBAT						10:45
11:00	S3 FITNESS	S2 I. WALKING	S4 YOGA					11:00
11:15	S1 CICLO	S4 PILATES			S2 I. WALKING			11:15
11:30	S4 YOGA		S3 B. PUMP	S3 SH'BAM	S4 YOGA	S4 YOGA	S2 I. WALKING	11:30
11:30						S1 CICLO		11:30
12:30						S3 B. COMBAT		12:30
12:45	S3 B. PUMP	S1 CICLO	S4 PILATES	S2 I. WALKING	S3 FITNESS			12:45
16:00	PI AQUAFITNESS				PI AQUAFITNESS			16:00
16:15		S3 EN FORMA	PI AQUAFITNESS	S4 PILATES				16:15
17:00	S3 B. COMBAT							17:00
17:15		S3 ZUMBA						17:15
17:30			S3 GAP					17:30
17:45		S4 GYM KIDS 8-11		S3 B. PUMP	S3 GAP			17:45
18:00	S3 ZUMBA	S2 I. WALKING	S4 GYM GAMES 4-7		S4 PILATES	S1 CICLO		18:00
18:15	S1 CICLO	S3 B. PUMP		S1 CICLO				18:15
18:30	S4 SPORT GAMES 4-7		S3 B. COMBAT	S4 SH'BAM KIDS 8-11				18:30
18:45				FU ABDOMINALES				18:45
18:45		S4 YOGA	S1 CICLO	S3 B. COMBAT	S3 ZUMBA			18:45
19:00	S3 B. PUMP	PI AQUAFITNESS	S4 B. BALANCE	PI AQUAFITNESS	PI AQUAFITNESS			19:00
19:00		S1 CICLO			S1 CICLO			19:00
19:00		FU FUNCIONAL						19:00
19:15	PI AQUAFITNESS	S3 B. COMBAT	PI AQUAFITNESS	S2 I. WALKING	FU ABDOMINALES			19:15
19:15	S2 I. WALKING			FU FUNCIONAL				19:15
19:15				EX FORUS RUNNERS				19:15
19:30	S4 B. BALANCE							19:30
19:30	EX FORUS RUNNERS	FU ABDOMINALES	S3 B. PUMP	S4 YOGA				19:30
19:45		S4 B. BALANCE	S2 I. WALKING	S3 FITNESS	S3 B. PUMP			19:45
20:00	FU ABDOMINALES	S2 I. WALKING	S4 PILATES		S2 I. WALKING			20:00
20:15	S1 CICLO	S3 FITNESS		S1 CICLO				20:15
20:15	PI AQUAFITNESS							20:15
20:30	S4 PILATES		S3 CROSS TRAINING					20:30
20:30	S3 CROSS TRAINING							20:30
20:45				S3 SH'BAM				20:45

1. Empresa, atendendo a razões objetivas e avisando com a devida antecedência, reserva-se o direito de alterar, ampliar e cancelar as actividades.
2. O acesso às aulas está limitado de acordo com a idade. Consulta às normas de acesso as aulas na receção.