

FORUS BALTAVIDA

De Lunes a viernes: de 08:00 a 22:00h

Sábados: de 10:00 a 19:00h

Domingos y festivos: Cerrado

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------|---------|-------|
| 08:30 | S2 ABDOMINALES | S2 EN FORMA | SC CICLO | S2 ABDOMINALES | SC CICLO | | | 08:30 |
| 09:30 | SC CICLO | SC CICLO | S2 B. PUMP | SC CICLO | S2 EN FORMA | | | 09:30 |
| 09:30 | S2 B. BALANCE | PI AQUAFITNESS | S1 EN FORMA | PI AQUAFITNESS | | | | 09:30 |
| 10:15 | PI FORUS SWIMMERS | | PI FORUS SWIMMERS | | | | | 10:15 |
| 10:30 | S2 PILATES | CROSS TRAINING | S2 PILATES | S2 PILATES | S2 GAP | SC CICLO | | 10:30 |
| 10:30 | S1 B. COMBAT | | | | | | | 10:30 |
| 11:30 | | | | | | S2 EN FORMA | | 11:30 |
| 12:00 | PI AQUAFITNESS | | PI AQUAFITNESS | PI FORUS SWIMMERS | | | | 12:00 |
| 15:00 | PI FORUS SWIMMERS | PI FORUS SWIMMERS | PI FORUS SWIMMERS | PI FORUS SWIMMERS | | | | 15:00 |
| 17:00 | S1 EN FORMA | S2 ABDOMINALES | S2 GAP | S1 GAP | | | | 17:00 |
| 17:00 | | PSICOMOTRICIDAD | | PSICOMOTRICIDAD | | | | 17:00 |
| 17:00 | S2 B. COMBAT | | | S2 B. PUMP | S2 PILATES | | | 17:00 |
| 17:30 | S1 ABDOMINALES | S2 COMBAT 30´ | S2 ABDOMINALES | S1 EN FORMA | | | | 17:30 |
| 17:30 | | AL FORUS RUNNERS | | | | | | 17:30 |
| 18:00 | S1 GAP | | | | | | | 18:00 |
| 18:00 | SC CICLO | S1 FUNCIONAL | S1 FUNCIONAL | | | | | 18:00 |
| 18:00 | S2 PILATES | | S2 PILATES | S2 B. COMBAT | SC CICLO | | | 18:00 |
| 18:15 | | PI AQUAFITNESS | | PI AQUAFITNESS | | | | 18:15 |
| 18:30 | | SC CICLO | | SC CICLO | | | | 18:30 |
| 19:00 | S1 ZUMBA | S2 PILATES | S1 ZUMBA | | S1 ZUMBA | | | 19:00 |
| 19:00 | S2 B. PUMP | S1 SH'BAM | S2 B. COMBAT | S2 FUNCIONAL | S2 B. PUMP | | | 19:00 |
| 19:30 | | | | S1 EN FORMA | | | | 19:30 |
| 20:00 | S1 ABDOMINALES | S2 EN FORMA | S1 ABDOMINALES | S2 PILATES | S1 ABDOMINALES | | | 20:00 |
| 20:00 | SC CICLO | | S2 B. BALANCE | SC CICLO | | | | 20:00 |
| 20:00 | S2 B. BALANCE | | | | | | | 20:00 |
| 20:00 | PI FORUS SWIMMERS | PI FORUS SWIMMERS | SC CICLO | PI FORUS SWIMMERS | PI FORUS SWIMMERS | | | 20:00 |
| 21:00 | | CROSS TRAINING | | CROSS TRAINING | | | | 21:00 |
| 21:00 | PI FORUS SWIMMERS | PI FORUS SWIMMERS | PI FORUS SWIMMERS | PI FORUS SWIMMERS | PI AQUAFITNESS | | | 21:00 |

Las actividades marcadas con una estrella son actividades con reserva previa

Carpa Kec Medioambiente, atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.