

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|---------------------|-------------------|-------------------|------------------|-------------------|----------------|------------------|-------|
| 07:30 | S1 PUMP 30´ | | | SC CICLO 30´ | | | | 07:30 |
| 08:00 | SW I. WALKING | S1 PUMP-CXWORX | S1 B. PUMP | | | | | 08:00 |
| 08:45 | AL FORUS RUNNERS | | | | | | | 08:45 |
| 09:00 | | S2 COMBAT 30´ | AL RUNNERS INI | S2 ABDOMINALES | | | | 09:00 |
| 09:15 | | S1 PUMP BASIC | | | SW I. WALKING 30´ | | | 09:15 |
| 09:30 | S2 CXWORX | | | AL FORUS RUNNERS | | | | 09:30 |
| 09:30 | S1 B. COMBAT | | | S2 CXWORX | | | SC CICLO | 09:30 |
| 09:45 | | SC CICLO | S1 SH'BAM | | | | | 09:45 |
| 09:45 | SC CICLO | S1 B. ATTACK | S2 ATTACK-CXWORX | | S1 B. COMBAT | | | 09:45 |
| 09:45 | PI | PI AQUADYNAMIC | PI | S1 B. PUMP | ZF FUNCIONAL | | | 09:45 |
| 10:00 | S2 EN FORMA | S2 B. BALANCE | SC CICLO | S2 PILATES | | S2 PILATES | | 10:00 |
| 10:00 | | | PI AQUAFITNESS | | | | | 10:00 |
| 10:15 | PI AQUAFITNESS | | | SW I. WALKING | ★ PE AQUADYNAMIC | | | 10:15 |
| 10:30 | S1 B. PUMP | | | PI AQUAFITNESS | | SC CICLO | S1 COMBAT-CXWORX | 10:30 |
| 10:45 | | SW I. WALKING | S2 B. BALANCE | S1 B. ATTACK | SC CICLO | | | 10:45 |
| 10:45 | | S1 ZUMBA | | | | | | 10:45 |
| 11:00 | S2 PILATES | | | | | | | 11:00 |
| 11:00 | | S2 CROSS TRAINING | PI AQUADYNAMIC | | | | | 11:00 |
| 11:00 | ZF ABDOMINALES | SC CICLO | SW I. WALKING | ★ SC CICLO | S1 SH'BAM | S1 B. COMBAT | S2 LATINO | 11:00 |
| 11:15 | SW I. WALKING | | S1 B. COMBAT | S2 HIPOPRESIVOS | | | | 11:15 |
| 11:30 | S1 SH'BAM | | | PI AQUADYNAMIC | S2 B. BALANCE | SW I. WALKING | ★ SW I. WALKING | 11:30 |
| 11:30 | PI AQUADYNAMIC | | | | | | | 11:30 |
| 11:45 | | PE AQUAFITNESS | S2 PILATES | S1 ZUMBA | SW I. WALKING | | | 11:45 |
| 12:00 | S2 HIPOPRESIVOS | S1 CXWORX | | | | S1 B. PUMP | S2 LATINO | 12:00 |
| 12:00 | | S2 YOGA | | | | | | 12:00 |
| 12:15 | | | S1 B. PUMP | | | | | 12:15 |
| 12:30 | | | | | | S2 SH'BAM | S1 B. PUMP | 12:30 |
| 13:00 | | | | | | PI FAMILIAR | | 13:00 |
| 14:30 | PI | S1 SH'BAM | PI | SW I. WALKING | S1 B. PUMP | | | 14:30 |
| 14:30 | S1 COMBAT-BALANCE | AL FORUS RUNNERS | SC CICLO | S1 ATTACK-CXWORX | | | | 14:30 |
| 16:30 | | | | | | | | 16:30 |
| 16:45 | S1 SH'BAM | S2 HIPOPRESIVOS | | | | | | 16:45 |
| 17:00 | LE PREDEPORTE 4-7 | LE | S1 ATTACK-CXWORX | LE | SC CICLO | | | 17:00 |
| 17:00 | | | LE PREDEPORTE 4-7 | | | | | 17:00 |
| 17:15 | S2 PILATES BASIC | | S2 GAP | SC CICLO | | | | 17:15 |
| 17:30 | | | | SW I. WALKING | | S1 LATINO | | 17:30 |
| 17:45 | SW I. WALKING | | | | | | | 17:45 |
| 17:45 | S1 B. COMBAT | | | | | | | 17:45 |
| 17:45 | S2 YOGA | S1 ZUMBA | | | S2 PILATES | | | 17:45 |
| 18:00 | SC CICLO | LE PREDEPORTE 4-7 | SC CICLO | S1 ZUMBA | ★ SW I. WALKING | ★ | | 18:00 |
| 18:00 | LE | | LE | | S1 FAMILIAR | | | 18:00 |
| 18:15 | | SW I. WALKING | ★ S1 B. COMBAT | | | | | 18:15 |
| 18:15 | | | S2 SH'BAM | | | | | 18:15 |
| 18:30 | | S1 COMBAT+12 | | SC CICLO+12 | | | | 18:30 |
| 18:30 | | S2 PILATES | SW I. WALKING | ★ S2 YOGA | | | | 18:30 |
| 18:30 | | SC CICLO | | ZF FUNCIONAL | | | | 18:30 |
| 18:45 | SW I. WALKING BASIC | | | | | | | 18:45 |
| 18:45 | S1 B. PUMP | | | | | | | 18:45 |
| 18:45 | S2 PILATES | ★ | | SW I. WALKING | ★ S2 SH'BAM | | | 18:45 |
| 19:00 | ZF ABDOMINALES | ZF FUNCIONAL | ZF ABDOMINALES | ZF ABDOMINALES | S1 B. PUMP | | | 19:00 |
| 19:00 | | | SC CICLO | S1 B. ATTACK | | | | 19:00 |
| 19:00 | | PI AQUADYNAMIC | | | | | | 19:00 |
| 19:15 | PI AQUAFITNESS | | S2 PILATES | | SC CICLO | | | 19:15 |
| 19:15 | | | PI AQUADYNAMIC | | | | | 19:15 |
| 19:30 | | S1 B. BALANCE | | | | | | 19:30 |
| 19:30 | | SC CICLO | | SC CICLO MAX | | | | 19:30 |
| 19:30 | SW I. WALKING | ★ ZF ABDOMINALES | S1 B. PUMP | S2 B. BALANCE | | | | 19:30 |
| 19:45 | SC CICLO | | ZF FUNCIONAL | PE AQUAFITNESS | PE AQUADYNAMIC | | | 19:45 |
| 19:45 | S1 B. ATTACK | | | | | | | 19:45 |
| 20:00 | | AL RUNNERS AV | | AL RUNNERS INI | | | | 20:00 |
| 20:00 | S2 COMBAT BASIC | S2 B. COMBAT | | S1 B. PUMP | | | | 20:00 |
| 20:00 | AL FORUS RUNNERS | SW I. WALKING | ★ | | | | | 20:00 |
| 20:15 | | | PI AQUAFITNESS | | | | | 20:15 |
| 20:15 | | | S2 ZUMBA | | | | | 20:15 |
| 20:15 | PI AQUADYNAMIC | | SW I. WALKING | ★ | | S2 ABDOMINALES | | 20:15 |
| 20:30 | S2 CROSS TRAINING | PI AQUAFITNESS | SC CICLO BASIC | S2 PILATES | | | | 20:30 |
| 20:30 | | | AL FORUS RUNNERS | | | | | 20:30 |
| 20:30 | | | S1 B. ATTACK | | | | | 20:30 |
| 20:45 | SW I. WALKING | S1 B. PUMP | | SW I. WALKING | | | | 20:45 |
| 20:45 | S1 ZUMBA | | | | | | | 20:45 |
| 21:00 | | PI | | PI | | | | 21:00 |
| 21:00 | | S2 SH'BAM | | S1 B. COMBAT | | | | 21:00 |
| 21:15 | SC CICLO | | S2 CXWORX | | | | | 21:15 |

Las actividades marcadas con una estrella son actividades con reserva previa

Fuenlabrada Sport 10, S.L.U atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades del horario actual.

- Actividades con reserva: deben gestionarse media hora antes en el tótem
- Ritmos latinos / Club nadador / Forus runners: son actividades adicionales. Infórmate en la recepción del centro.
- Actividades +12: podrán asistir todos los abonados, teniendo prioridad aquellos con edades comprendidas entre los 12 y 15 años.
- Actividades 30', Basic, Abdomen, Cxworx y E. Funcional: tendrán una duración de 30 minutos.
- Actividades Familiares: están dirigidas al abono infantil y deben ir acompañados de un tutor.