AYUNTAMIENTO DE TOLEDO

FORFAIT PDMTOLEDO.ES

OFERTA SEMANAL DE ACTIVIDADES DIRIGIDAS FORFAIT SPORT

INFO: WWW.FORFAITSPORT.COM

LUNES

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
9:00	BODY COMBAT VIRTUAL	S 115 GROUND
9:30	BODY PUMP	S 215 STRONG
10:00	SPINNING VIRTUAL	S 114 SPINNING
10:30	CORE XPRESS	S 215 STRONG
10:00	BODY COMBAT	S 115 GROUND
11:00	HIPOPRESIVOS	S 215 STRONG
11:30	STRETCHING	S 115 GROUND
12:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
14:00		
14:30	BODY PUMP VIRTUAL	S 215 STRONG
15:00	SPINNING VIRTUAL	S 114 SPINNING
15:30	BODY PUMP VIRTUAL	S 215 STRONG
16:00		
16:30		
17:00	BODY COMBAT	S 115 GROUND
	SPINNING VIRTUAL	S 114 SPINNING
	HIIT VIRTUAL	S 215 STRONG
18:00	BODY PUMP	S 215 STRONG
	TRAINING KIDS	S 115 GROUND
19:00	BODY BALANCE	S 115 GROUND
	SPINNING	S 114 SPINNING
20:00	BODY COMBAT VIRTUAL	S 115 GROUND
	FUNCIONAL	S 215 STRONG
20:30	YOGA VIRTUAL	S 115 GROUND
21:00	BODY PUMP VIRTUAL	S 215 STRONG
21:30	SPINNING VIRTUAL	S 114 SPINNING

MARTES

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
9:30	GAP XPRESS	S 215 STRONG
	ZUMBA	S 115 GROUND
10:00	BODY PUMP	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
10:30	BODY COMBAT	S 115 GROUND
11:00	BODY BALANCE	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
12:30	SPINNING VIRTUAL	S 114 SPINNING
13:00	TONIFICACIÓN VIRTUAL	S 215 STRONG
14:00	BODY BALANCE VIRTUAL	S 215 STRONG
14:30		
15:00	BODY PUMP	S 215 STRONG
15:30	SPINNING VIRTUAL	S 114 SPINNING
16:00		
16:30		
17:30	BODY PUMP	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
18:00	GAP XPRESS	S 115 GROUND
18:30	CORE XPRESS	S 215 STRONG
	BODY COMBAT	S 115 GROUND
19:00	BODY PUMP	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
19:30	STRETCHING	S 115 GROUND
20:00	SPINNING	S 114 SPINNING
21:00	BODY PUMP VIRTUAL	S 215 STRONG
21:30	SPINNING VIRTUAL	S 114 SPINNING

MIÉRCOLES

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
9:30	BODY PUMP	S 215 STRONG
	SPINNING	S 114 SPINNING
	PILATES VIRTUAL	S 115 GROUND
10:30	CORE XPRESS	S 215 STRONG
	BODY BALANCE	S 115 GROUND
11:00	GAP XPRESS	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
11:30	STRETCHING	S 115 GROUND
12:00	TONIFICACIÓN VIRTUAL	S 215 STRONG
12:30	SPINNING VIRTUAL	S 114 SPINNING
13:00	YOGA VIRTUAL	S 115 GROUND
14:30	BODY PUMP VIRTUAL	S 215 STRONG
15:30	HIIT VIRTUAL	S 215 STRONG
17:00	BODY BALANCE	S 115 GROUND
17:30	CORE XPRESS	S 215 STRONG
18:00	BODY PUMP	S 215 STRONG
	TRAINING KIDS	S 115 GROUND
	SPINNING VIRTUAL	S 114 SPINNING
19:00	BODY COMBAT	S 115 GROUND
	GAP XPRESS	S 215 STRONG
19:30	FULL BODY	S 215 STRONG
20:00	STRETCHING	S 115 GROUND
	SPINNING	S 114 SPINNING
20:30	BODY PUMP VIRTUAL	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING

JUEVES

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
9:30	BODY BALANCE	S 215 STRONG
	BODY COMBAT	S 115 GROUND
10:30	CORE XPRESS	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
	ZUMBA	S 115 GROUND
11:00	STRETCHING	S 215 STRONG
11:30	HIPOPRESIVOS	S 115 GROUND
12:00	SPINNING VIRTUAL	S 114 SPINNING
	TONIFICACIÓN VIRTUAL	S 215 STRONG
13:00	PILATES VIRTUAL	S 115 GROUND
14:00	BODY BALANCE VIRTUAL	S 115 GROUND
15:00	BODY PUMP	S 215 STRONG
15:30	SPINNING VIRTUAL	S 114 SPINNING
17:00	FULL BODY	S 215 STRONG
17:30	CORE XPRESS	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
	BODY BALANCE VIRTUAL	S 115 GROUND
18:00	GAP XPRESS	S 215 STRONG
18:30	BODY PUMP	S 215 STRONG
	PILATES VIRTUAL	S 115 GROUND
	SPINNING	S 114 SPINNING
19:30	BODY COMBAT	S 115 GROUND
20:00	SPINNING VIRTUAL	S 114 SPINNING
20:30	BODY BALANCE	S 115 GROUND
21:00	BODY PUMP VIRTUAL	S 215 STRONG
21:30	SPINNING VIRTUAL	S 114 SPINNING

VIERNES

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
9:00	BODY COMBAT VIRTUAL	S 115 GROUND
9:30	BODY PUMP	S 215 STRONG
	SPINNING	S 114 SPINNING
10:30	GAP XPRESS	S 215 STRONG
	CORE XPRESS	S 115 GROUND
11:00	YOGA	S 215 STRONG
	HIIT VIRTUAL	S 115 GROUND
12:00	SPINNING VIRTUAL	S 114 SPINNING
12:30	YOGA VIRTUAL	S 115 GROUND
14:30	SPINNING VIRTUAL	S 114 SPINNING
15:30	BODY PUMP VIRTUAL	S 215 STRONG
17:00	SPINNING	S 114 SPINNING
17:30	BODY COMBAT VIRTUAL	S 115 GROUND
18:00	BODY PUMP	S 215 STRONG
18:30	PILATES VIRTUAL	S 115 GROUND
19:00	SPINNING VIRTUAL	S 114 SPINNING
	STRETCHING	S 215 STRONG
19:30	BODY PUMP VIRTUAL	S 215 STRONG
20:00	YOGA VIRTUAL	S 115 GROUND
	SPINNING VIRTUAL	S 114 SPINNING

SÁBADO

HORA	ACTIVIDAD	SALA
8:30	SPINNING VIRTUAL	S 114 SPINNING
9:30	BODY PUMP VIRTUAL	S 215 STRONG
10:00	BODY COMBAT VIRTUAL	S 115 GROUND
10:30	TONIFICACIÓN VIRTUAL	S 215 STRONG
	SPINNING VIRTUAL	S 114 SPINNING
11:00	HIIT VIRTUAL	S 115 GROUND
11:30	BODY BALANCE VIRTUAL	S 215 STRONG
12:00	PILATES VIRTUAL	S 115 GROUND
14:30	HIIT VIRTUAL	S 215 STRONG
15:00	BODY PUMP VIRTUAL	S 215 STRONG
16:30	SPINNING VIRTUAL	S 114 SPINNING
17:00	BODY PUMP VIRTUAL	S 215 STRONG
18:00	YOGA VIRTUAL	S 115 GROUND
18:30	SPINNING VIRTUAL	S 114 SPINNING
	TONIFICACIÓN VIRTUAL	S 215 STRONG
19:00	PILATES VIRTUAL	S 115 GROUND
19:30	SPINNING VIRTUAL	S 114 SPINNING

DOMINGO

HORA	ACTIVIDAD	SALA
9:00	SPINNING VIRTUAL	S 114 SPINNING
9:30	BODY PUMP VIRTUAL	S 215 STRONG
10:30	SPINNING VIRTUAL	S 114 SPINNING
	BODY BALANCE VIRTUAL	S 115 GROUND
	TONIFICACIÓN VIRTUAL	S 215 STRONG
11:00	BODY COMBAT VIRTUAL	S 115 GROUND
11:30	YOGA VIRTUAL	S 215 STRONG
12:00	HIIT VIRTUAL	S 215 STRONG
15:00	HIIT VIRTUAL	S 215 STRONG
16:30	BODY PUMP VIRTUAL	
17:00	SPINNING VIRTUAL	S 114 SPINNING
18:00	SPINNING VIRTUAL	S 114 SPINNING
	BODY PUMP VIRTUAL	S 215 STRONG
18:30	PILATES VIRTUAL	S 115 GROUND
19:00	SPINNING VIRTUAL	S 114 SPINNING