

OFERTA SEMANAL DE ACTIVIDADES DIRIGIDAS FORFAIT SPORT

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LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO			DOMINGO									
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA							
8:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	8:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	8:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	8:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	8:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	8:30	SPINNING VIRTUAL	S 114 SPINNING										
9:30	BODY PUMP SPINNING	S 215 STRONG S 114 SPINNING	9:30	GAP XPRESS ZUMBA	S 215 STRONG S 115 GROUND	9:30	BODY PUMP SPINNING BESTBALANCE VIRTUAL	S 215 STRONG S 114 SPINNING S 115 GROUND	9:30	BODY BALANCE BODY COMBAT	S 215 STRONG S 115 GROUND	9:30	BESTBALANCE VIRTUAL BODY PUMP SPINNING	S 115 GROUND S 215 STRONG S 114 SPINNING	9:30	BODY PUMP VIRTUAL	S 215 STRONG		9:00	SPINNING VIRTUAL	S 114 SPINNING	9:30	BODY PUMP VIRTUAL	S 215 STRONG			
10:30	CORE XPRESS BODY COMBAT	S 215 STRONG S 115 GROUND	10:00	BODY PUMP SPINNING VIRTUAL BODY COMBAT	S 215 STRONG S 114 SPINNING S 115 GROUND	10:30	CORE XPRESS BODY BALANCE	S 215 STRONG S 115 GROUND	10:30	CORE XPRESS SPINNING VIRTUAL ZUMBA	S 215 STRONG S 114 SPINNING S 115 GROUND	10:30	GAP XPRESS CORE XPRESS YOGA BESTTRAINING VIRTUAL	S 215 STRONG S 115 GROUND S 215 STRONG S 115 GROUND	10:30	BODY COMBAT VIRTUAL SPINNING VIRTUAL BESTTRAINING VIRTUAL	S 215 STRONG S 114 SPINNING S 115 GROUND		10:30	BESTTRAINING VIRTUAL SPINNING VIRTUAL BODY BALANCE VIRTUAL	S 115 GROUND S 114 SPINNING S 215 STRONG						
11:00	HIOPRESIVOS / PILATES	S 215 STRONG	11:00	BODY BALANCE SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	11:00	GAP XPRESS SPINNING VIRTUAL STRETCHING	S 215 STRONG S 114 SPINNING S 115 GROUND	11:00	STRETCHING	S 215 STRONG	11:00	HIOPRESIVOS / PILATES SPINNING VIRTUAL BESTTRAINING VIRTUAL	S 115 GROUND S 114 SPINNING S 115 GROUND	11:00	BODY BALANCE VIRTUAL	S 215 STRONG		11:30	BODY COMBAT VIRTUAL BESTBALANCE VIRTUAL	S 215 STRONG S 115 GROUND	11:30	BODY COMBAT VIRTUAL BESTBALANCE VIRTUAL	S 215 STRONG S 115 GROUND			
11:30	STRETCHING	S 115 GROUND	12:30	SPINNING VIRTUAL BESTTRAINING VIRTUAL	S 114 SPINNING S 115 GROUND	12:00	BESTTRAINING VIRTUAL SPINNING VIRTUAL BESTBALANCE VIRTUAL	S 115 GROUND S 114 SPINNING S 115 GROUND	12:30	BESTTRAINING VIRTUAL	S 115 GROUND	12:00	SPINNING VIRTUAL BODY BALANCE VIRTUAL	S 114 SPINNING S 215 STRONG	12:00	SPINNING VIRTUAL BODY BALANCE VIRTUAL	S 114 SPINNING S 215 STRONG		12:30	BESTTRAINING VIRTUAL	S 115 GROUND	12:30	BESTTRAINING VIRTUAL	S 115 GROUND			
14:00			14:00	BODY BALANCE VIRTUAL	S 215 STRONG	14:00	BODY BALANCE VIRTUAL	S 215 STRONG	14:00	BODY BALANCE VIRTUAL	S 215 STRONG	14:00	BODY BALANCE VIRTUAL	S 215 STRONG	14:30	SPINNING VIRTUAL	S 114 SPINNING		15:00	BODY PUMP VIRTUAL	S 215 STRONG	15:00	BESTTRAINING VIRTUAL	S 215 STRONG			
14:30	BODY PUMP VIRTUAL SPINNING VIRTUAL BODY PUMP VIRTUAL	S 215 STRONG S 114 SPINNING S 215 STRONG	14:30	BODY PUMP SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	14:30	BODY PUMP VIRTUAL BESTTRAINING VIRTUAL	S 215 STRONG S 115 GROUND	15:00	BODY PUMP SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	15:30	BODY PUMP VIRTUAL	S 215 STRONG	15:30	BODY PUMP VIRTUAL	S 215 STRONG		16:00			16:30	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG	16:30	BODY PUMP VIRTUAL SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING
16:00			16:00			17:00	BODY BALANCE CORE XPRESS	S 115 GROUND S 215 STRONG	17:00	FULL BODY CORE XPRESS SPINNING VIRTUAL	S 215 STRONG S 215 STRONG S 114 SPINNING	17:00	SPINNING BODY COMBAT VIRTUAL	S 114 SPINNING S 215 STRONG	17:00	SPINNING VIRTUAL BODY PUMP VIRTUAL	S 114 SPINNING S 215 STRONG		17:00	BODY PUMP VIRTUAL SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	17:00	BODY PUMP VIRTUAL SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING			
16:30			17:30	BODY PUMP SPINNING VIRTUAL GAP XPRESS	S 215 STRONG S 114 SPINNING S 115 GROUND	17:30	BODY PUMP TRAINING KIDS SPINNING VIRTUAL	S 215 STRONG S 115 GROUND S 114 SPINNING	17:30			17:30			17:30	BODY PUMP BESTBALANCE VIRTUAL	S 215 STRONG S 115 GROUND		18:00	BESTBALANCE VIRTUAL	S 115 GROUND	18:00	BESTBALANCE VIRTUAL	S 115 GROUND	18:00	SPINNING VIRTUAL BODY PUMP VIRTUAL BESTBALANCE VIRTUAL	S 114 SPINNING S 215 STRONG S 115 GROUND
17:00	BODY COMBAT SPINNING VIRTUAL BESTTRAINING VIRTUAL	S 215 STRONG S 114 SPINNING S 115 GROUND	18:30	CORE XPRESS BODY COMBAT	S 215 STRONG S 115 GROUND	18:30	CORE XPRESS BODY COMBAT	S 215 STRONG S 115 GROUND	18:30	GAP XPRESS	S 215 STRONG	18:00	BODY PUMP BESTBALANCE VIRTUAL	S 215 STRONG S 115 GROUND	18:30	BODY PUMP BESTBALANCE VIRTUAL	S 215 STRONG S 115 GROUND		18:30	BESTBALANCE VIRTUAL SPINNING VIRTUAL	S 115 GROUND S 114 SPINNING	18:30	BESTBALANCE VIRTUAL SPINNING VIRTUAL	S 115 GROUND S 114 SPINNING			
18:00	BODY PUMP TRAINING KIDS	S 215 STRONG S 115 GROUND	19:00	BODY PUMP SPINNING VIRTUAL STRETCHING	S 215 STRONG S 114 SPINNING S 115 GROUND	19:00	BODY COMBAT GAP XPRESS	S 115 GROUND S 215 STRONG	18:30	BODY PUMP BESTBALANCE VIRTUAL SPINNING	S 215 STRONG S 115 GROUND S 114 SPINNING	19:00	SPINNING VIRTUAL STRETCHING	S 114 SPINNING S 215 STRONG	19:00	SPINNING VIRTUAL STRETCHING	S 114 SPINNING S 215 STRONG		19:00	BESTTRAINING VIRTUAL BODY BALANCE VIRTUAL	S 115 GROUND S 215 STRONG	19:00	BESTTRAINING VIRTUAL BODY BALANCE VIRTUAL	S 115 GROUND S 215 STRONG			
19:00	BODY BALANCE SPINNING	S 115 GROUND S 114 SPINNING	19:30	BODY PUMP VIRTUAL STRETCHING	S 215 STRONG S 115 GROUND	19:30	FULL BODY	S 215 STRONG	19:30	BODY PUMP BESTBALANCE VIRTUAL SPINNING	S 215 STRONG S 115 GROUND S 114 SPINNING	19:30	BODY PUMP VIRTUAL	S 215 STRONG	19:30	BODY PUMP VIRTUAL	S 215 STRONG		19:30	SPINNING VIRTUAL	S 114 SPINNING	19:30	SPINNING VIRTUAL	S 114 SPINNING			
20:00	BODY COMBAT VIRTUAL FUNCIONAL	S 215 STRONG S 115 GROUND	20:00	SPINNING	S 114 SPINNING	20:00	STRETCHING SPINNING	S 215 STRONG S 114 SPINNING	20:00	BODY COMBAT SPINNING VIRTUAL	S 115 GROUND S 114 SPINNING	20:00	BESTBALANCE VIRTUAL SPINNING VIRTUAL	S 115 GROUND S 114 SPINNING	20:00	BESTBALANCE VIRTUAL SPINNING VIRTUAL	S 115 GROUND S 114 SPINNING		20:00			20:00					
21:00	BESTBALANCE VIRTUAL BODY PUMP VIRTUAL SPINNING VIRTUAL	S 115 GROUND S 215 STRONG S 114 SPINNING	21:00	BODY PUMP VIRTUAL SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	20:30	BODY PUMP VIRTUAL SPINNING VIRTUAL	S 215 STRONG S 114 SPINNING	20:30	BODY COMBAT BODY BALANCE BODY PUMP VIRTUAL	S 115 GROUND S 115 GROUND S 215 STRONG	21:00	BODY COMBAT BODY BALANCE BODY PUMP VIRTUAL	S 115 GROUND S 115 GROUND S 215 STRONG	21:00	BODY COMBAT BODY BALANCE BODY PUMP VIRTUAL	S 115 GROUND S 115 GROUND S 215 STRONG		21:00			21:00					
21:30			21:30			21:00	SPINNING VIRTUAL	S 114 SPINNING	21:30	SPINNING VIRTUAL	S 114 SPINNING	21:30	SPINNING VIRTUAL	S 114 SPINNING	21:30				21:30			21:30					