

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	S 114 SPINNING	8:30	BESTTRAINING VIRTUAL	S 15 GROUND	8:30	BESTTRAINING VIRTUAL	S 15 GROUND	8:30	BESTBALANCE VIRTUAL	S 15 GROUND	8:30	SPINNING VIRTUAL	S 114 SPINNING	8:15	SPINNING VIRTUAL	S 114 SPINNING	8:15	SPINNING VIRTUAL	S 114 SPINNING
8:30	BODY COMBAT VIRTUAL	S 215 STRONG	8:30	BODY BALANCE VIRTUAL	S 215 STRONG	8:30	BODY COMBAT VIRTUAL	S 215 STRONG	8:30	BODY PUMP VIRTUAL	S 215 STRONG	8:30	BODY BALANCE VIRTUAL	S 215 STRONG				9:15	BODY COMBAT VIRTUAL	S 215 STRONG
			8:30	SPINNING VIRTUAL	S 114 SPINNING	8:30	SPINNING VIRTUAL	S 114 SPINNING	8:30	SPINNING VIRTUAL	S 114 SPINNING							9:15	SPINNING VIRTUAL	S 114 SPINNING
9:30	BODY PUMP	S 215 STRONG				9:30	BODY BALANCE	S 15 GROUND	9:30	SPINNING	S 114 SPINNING	9:30	BODY PUMP	S 215 STRONG	9:15	SPINNING VIRTUAL	S 114 SPINNING			
9:30	STRECHING	S 15 GROUND	9:30	BODY COMBAT	S 15 GROUND	9:30	CORE	S 215 STRONG												
						9:30			10:00	BODY COMBAT VIRTUAL	S 215 STRONG							10:15	SPINNING VIRTUAL	S 114 SPINNING
10:00	GLUTEBOOM	S 15 GROUND	10:00	HIPO-PILATES	S 215 STRONG	10:00	BODY PUMP	S 215 STRONG				10:30	SPINNING VIRTUAL	S 114 SPINNING	10:15	BODY PUMP VIRTUAL	S 215 STRONG	10:15	BESTTRAINING VIRTUAL	S 15 GROUND
									10:30	FUNCIONAL	S 15 GROUND	10:30	GAP	S 215 STRONG						
10:30	SPINNING	S 114 SPINNING	10:30	FULL BODY	S 15 GROUND	10:30	GLUTEBOOM	S 15 GROUND	11:00	BODY BALANCE VIRTUAL	S 215 STRONG	11:00	BODY BALANCE	S 215 STRONG	11:15	SPINNING VIRTUAL	S 114 SPINNING	11:15	SPINNING VIRTUAL	S 114 SPINNING
11:00	BODY BALANCE	S 215 STRONG	11:00	BODY PUMP	S 215 STRONG	11:00	STRECHING	S 215 STRONG	11:00	HIPO-PILATES	S 15 GROUND	11:00	BODY BALANCE	S 215 STRONG	11:15	BODY BALANCE VIRTUAL	S 215 STRONG	11:15	BESTBALANCE VIRTUAL	S 15 GROUND
11:30	GAP	S 15 GROUND	11:00	STRECHING	S 15 GROUND	11:00	STRECHING	S 215 STRONG	11:30	HIPO-PILATES	S 15 GROUND	11:30	SPINNING VIRTUAL	S 114 SPINNING						
12:30	BESTBALANCE VIRTUAL	S 15 GROUND	12:00	SPINNING VIRTUAL	S 114 SPINNING	12:00	BESTTRAINING VIRTUAL	S 15 GROUND	12:30	SPINNING VIRTUAL	S 114 SPINNING	11:30	SPINNING VIRTUAL	S 114 SPINNING	12:30	SPINNING VIRTUAL	S 114 SPINNING	12:30	SPINNING VIRTUAL	S 114 SPINNING
12:30	BODY COMBAT VIRTUAL	S 215 STRONG	12:00	BODY BALANCE VIRTUAL	S 215 STRONG	12:00	BODY COMBAT VIRTUAL	S 215 STRONG	12:30	BESTTRAINING VIRTUAL	S 15 GROUND	12:30	BODY COMBAT VIRTUAL	S 215 STRONG						
			13:00	BODY PUMP VIRTUAL	S 215 STRONG	13:00	BODY PUMP VIRTUAL	S 215 STRONG												
14:15	SPINNING VIRTUAL	S 114 SPINNING	14:15	SPINNING VIRTUAL	S 114 SPINNING	14:15	BESTBALANCE VIRTUAL	S 15 GROUND	14:15	SPINNING VIRTUAL	S 114 SPINNING	14:00	SPINNING VIRTUAL	S 114 SPINNING	14:30	BODY COMBAT VIRTUAL	S 215 STRONG	14:30	SPINNING VIRTUAL	S 114 SPINNING
15:15	FUNCIONAL	S 15 GROUND	15:15	BODY PUMP	S 215 STRONG	15:15	SPINNING	S 114 SPINNING	15:15	BODY PUMP	S 215 STRONG	15:00	BODY PUMP VIRTUAL	S 215 STRONG	15:30	BESTTRAINING VIRTUAL	S 15 GROUND	15:30	BODY PUMP VIRTUAL	S 215 STRONG
16:00	BODY COMBAT VIRTUAL	S 215 STRONG	16:15	BESTBALANCE VIRTUAL	S 15 GROUND	16:00	BESTTRAINING VIRTUAL	S 15 GROUND	16:30	BODY BALANCE VIRTUAL	S 215 STRONG	16:00	BESTBALANCE VIRTUAL	S 15 GROUND	16:30	BESTBALANCE VIRTUAL	S 15 GROUND	16:30	BODY BALANCE VIRTUAL	S 215 STRONG
16:30	BESTBALANCE VIRTUAL	S 15 GROUND																		
17:00	SPINNING VIRTUAL	S 114 SPINNING	17:00	BODY BALANCE VIRTUAL	S 215 STRONG	17:00	BODY COMBAT VIRTUAL	S 215 STRONG	17:00	FULL BODY	S 15 GROUND	17:00	SPINNING VIRTUAL	S 114 SPINNING	17:00	SPINNING VIRTUAL	S 114 SPINNING	17:00	BODY COMBAT VIRTUAL	S 215 STRONG
17:15	BODY PUMP	S 215 STRONG	17:15	SPINNING	S 114 SPINNING	17:15	BODY BALANCE	S 15 GROUND	17:15	BODY BALANCE VIRTUAL	S 215 STRONG	17:00	BESTTRAINING VIRTUAL	S 15 GROUND				17:00	SPINNING VIRTUAL	S 114 SPINNING
						17:15	SPINNING VIRTUAL	S 114 SPINNING				17:30	BODY PUMP	S 215 STRONG	18:00	BODY PUMP VIRTUAL	S 215 STRONG	17:00	BODY COMBAT VIRTUAL	S 215 STRONG
17:45	GAP	S 15 GROUND	18:00	GAP	S 15 GROUND				17:30	SPINNING	S 114 SPINNING	17:30	BODY PUMP	S 215 STRONG	18:00	SPINNING VIRTUAL	S 114 SPINNING	17:00	SPINNING VIRTUAL	S 114 SPINNING
18:15	TRAINING KIDS	S 15 GROUND	18:15	BODY PUMP	S 215 STRONG	18:15	BODY PUMP	S 215 STRONG	18:15	BODY COMBAT VIRTUAL	S 215 STRONG	18:00	BESTBALANCE VIRTUAL	S 15 GROUND	18:00	BODY PUMP VIRTUAL	S 215 STRONG	18:00	BESTTRAINING VIRTUAL	S 15 GROUND
18:15	BODY COMBAT	S 215 STRONG				18:15	TRAINING KIDS	S 15 GROUND	18:15	BESTTRAINING VIRTUAL	S 15 GROUND				18:00	SPINNING VIRTUAL	S 114 SPINNING			
18:15	SPINNING VIRTUAL	S 114 SPINNING	18:30	BODY BALANCE	S 15 GROUND	18:15	SPINNING VIRTUAL	S 114 SPINNING	18:30	BODY BALANCE	S 215 STRONG	18:30	SPINNING	S 114 SPINNING	19:00	BODY COMBAT VIRTUAL	S 215 STRONG	18:30	SPINNING VIRTUAL	S 114 SPINNING
19:15	BODY BALANCE	S 215 STRONG	18:30	SPINNING VIRTUAL	S 114 SPINNING				18:30	BODY BALANCE	S 215 STRONG	18:30	BODY COMBAT VIRTUAL	S 215 STRONG	19:00	BESTTRAINING VIRTUAL	S 15 GROUND			
19:15	SPINNING VIRTUAL	S 114 SPINNING	19:15	CORE	S 215 STRONG	19:15	STRETCHING	S 215 STRONG	19:30	SPINNING VIRTUAL	S 114 SPINNING									
									19:30	GLUTEBOOM	S 15 GROUND	19:30	SPINNING VIRTUAL	S 114 SPINNING	20:00	SPINNING VIRTUAL	S 114 SPINNING	19:00	BODY PUMP VIRTUAL	S 215 STRONG
19:30	FUNCIONAL	S 15 GROUND	19:30	BODY COMBAT	S 15 GROUND	19:45	HIPO-PILATES	S 215 STRONG	20:30	BODY PUMP	S 215 STRONG	19:30	BODY BALANCE	S 215 STRONG	20:00	BODY BALANCE VIRTUAL	S 215 STRONG	19:00	BESTBALANCE VIRTUAL	S 15 GROUND
20:15	BODY PUMP	S 215 STRONG	19:30	SPINNING VIRTUAL	S 114 SPINNING	19:45	FUNCIONAL	S 15 GROUND	21:00	SPINNING VIRTUAL	S 114 SPINNING	20:30	SPINNING VIRTUAL	S 114 SPINNING				19:00	SPINNING VIRTUAL	S 114 SPINNING
20:30	SPINNING	S 114 SPINNING	19:45	STRETCHING	S 215 STRONG	20:45	STRETCHING	S 15 GROUND	21:30	BESTBALANCE VIRTUAL	S 15 GROUND	21:00	BODY COMBAT VIRTUAL	S 215 STRONG						
21:30	STRETCHING	S 15 GROUND	20:30	BODY PUMP	S 215 STRONG	21:00	BODY PUMP VIRTUAL	S 215 STRONG				21:00	BESTTRAINING VIRTUAL	S 15 GROUND						
			20:30	SPINNING VIRTUAL	S 114 SPINNING							21:00								