AYUNTAMIENTO DE TOLEDO

FORFAIT PDMTOLEDO.ES

OFERTA SEMANAL DE ACTIVIDADES DIRIGIDAS FORFAIT SPORT

info: www.forfaitsport.com

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 115 GROUND	8:30	BESTTRAINING VIRTUAL	S 115 GROUND	8:30	BESTBALANCE VIRTUAL	S 115 GROUND	8:30	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	8:15	SPINNING VIRTUAL	S 114 SPINNING	8:15	SPINNING VIRTUAL	S 114 SPINNING
			8:30	SPINNING VIRTUAL	S 114 SPINNING	8:30	SPINNING VIRTUAL	S 114 SPINNING	8:30	SPINNING VIRTUAL	S 114 SPINNING				9:15	BODY COMBAT VIRTUAL	S 215 STRONG			
9:30	BODY PUMP	S 215 STRONG													9:30	SPINNING	S 114 SPINNING	9:15	BODY COMBAT VIRTUAL	S 215 STRONG
9:30	CORE	S 115 GROUND	9:30	BODY COMBAT	S 115 GROUND	9:30	BODY BALANCE	S 115 GROUND	9:30	SPINNING VIRTUAL	S 114 SPINNING	9:30	BODY PUMP	S 215 STRONG				9:15	SPINNING VIRTUAL	S 114 SPINNING
			9:30	SPINNING	S 114 SPINNING	9:30	CORE	S 215 STRONG	9:30	BODY PUMP HEAVY	S 215 STRONG	9:30	SPINNING	S 114 SPINNING						
10:00	GLUTEBOOM	S 115 GROUND										9:30	BESTTRAINING VIRTUAL	S 115 GROUND						
			10:00	HIPO-PILATES	S 215 STRONG	10:00	BODY PUMP	S 215 STRONG										10:15	SPINNING VIRTUAL	S 114 SPINNING
												10:30	SPINNING VIRTUAL	S 114 SPINNING	10:30	BODY PUMP HEAVY	S 215 STRONG	10:15	BESTTRAINING VIRTUAL	S 115 GROUND
10:30	SPINNING	S 114 SPINNING	10:30	FULL BODY	S 115 GROUND	10:30	SPINNING	S 114 SPINNING	10:30	FUNCIONAL	S 115 GROUND	10:30	GAP	S 215 STRONG						
						10:30	GLUTEBOOM	S 115 GROUND												
11:00	BODY BALANCE	S 215 STRONG	11:00	BODY PUMP	S 215 STRONG				11:00	BODY BALANCE VIRTUAL	S 215 STRONG									
			11:00	STRETCHING	S 115 GROUND	11:00	STRETCHING	S 215 STRONG				11:00	BODY BALANCE	S 215 STRONG	11:15	SPINNING VIRTUAL	S 114 SPINNING	11:15	SPINNING VIRTUAL	S 114 SPINNING
11:30	GAP	S 115 GROUND							11:30	HIPO-PILATES	S 115 GROUND				11:30	BODY PUMP	S 215 STRONG	11:15	BESTBALANCE VIRTUAL	S 115 GROUND
			12:00	SPINNING VIRTUAL	S 114 SPINNING	12:00	BESTTRAINING VIRTUAL	S 115 GROUND				11:30	SPINNING VIRTUAL	S 114 SPINNING						
12:30	BESTBALANCE VIRTUAL	S 115 GROUND	12:00	BODY BALANCE VIRTUAL	S 215 STRONG	12:00	BODY COMBAT VIRTUAL	S 215 STRONG	12:30	SPINNING VIRTUAL	S 114 SPINNING	12:45	BODY BALANCE VIRTUAL	S 215 STRONG	12:30	SPINNING VIRTUAL	S 114 SPINNING	12:30	SPINNING VIRTUAL	S 114 SPINNING
12:30	BODY COMBAT VIRTUAL	S 215 STRONG							12:30	BESTTRAINING VIRTUAL	S 115 GROUND	13:00	BODY COMBAT VIRTUAL	S 215 STRONG	12:45	BODY BALANCE 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 115 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 115 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						
15:15	SPINNING VIRTUAL	S 114 SPINNING	15:15	SPINNING VIRTUAL	S 114 SPINNING				15:15	SPINNING VIRTUAL	S 114 SPINNING	15:15	SPINNING VIRTUAL	S 114 SPINNING	15:30	BESTTRAINING VIRTUAL	S 115 GROUND	15:30	BODY PUMP VIRTUAL	S 215 STRONG
16:00	BODY COMBAT VIRTUAL	S 215 STRONG	16:15	BESTBALANCE VIRTUAL	S 115 GROUND	16:00	BESTTRAINING VIRTUAL	S 115 GROUND	16:30	BODY BALANCE VIRTUAL	S 215 STRONG	16:00	BESTBALANCE VIRTUAL	S 115 GROUND						
16:30	BESTBALANCE VIRTUAL	S 115 GROUND													16:30	BESTBALANCE VIRTUAL	S 115 GROUND	16:30	BODY BALANCE VIRTUAL	S 215 STRONG
17:00	SPINNING VIRTUAL	S 114 SPINNING	17:00	BODY BALANCE VIRTUAL	S 215 STRONG				17:00	FULL BODY	S 115 GROUND	17:00	SPINNING VIRTUAL	S 114 SPINNING						
17:15	BODY PUMP	S 215 STRONG										17:00	BESTTRAINING VIRTUAL	S 115 GROUND	17:00	SPINNING VIRTUAL	S 114 SPINNING			
			17:15	SPINNING	S 114 SPINNING	17:15	BODY BALANCE	S 115 GROUND										17:00	SPINNING VIRTUAL	S 114 SPINNING
17:45	GAP	S 115 GROUND				17:15	SPINNING VIRTUAL	S 114 SPINNING	17:30	BODY PUMP HEAVY	S 215 STRONG	17:30	BODY PUMP	S 215 STRONG				17:30	BODY COMBAT VIRTUAL	S 215 STRONG
			18:00	GAP	S 115 GROUND				17:30	SPINNING	S 114 SPINNING									
18:15	TRAINING KIDS	S 115 GROUND				17:45	CORE	S 215 GROUND				18:00	BESTBALANCE VIRTUAL	S 115 GROUND	18:00	BODY PUMP VIRTUAL	S 215 STRONG	18:00	BESTTRAINING VIRTUAL	S 115 GROUND
18:15	BODY COMBAT	S 215 STRONG	18:15	BODY PUMP	S 215 STRONG	18:15	BODY PUMP	S 215 STRONG							18:00	SPINNING VIRTUAL	S 114 SPINNING			
18:15	SPINNING	S 114 SPINNING				18:15	TRAINING KIDS	S 115 GROUND	18:30	GLUTEBOOM	S 115 GROUND									
			18:30	BODY BALANCE	S 115 GROUND	18:15	SPINNING VIRTUAL	S 114 SPINNING	18:30	BODY BALANCE	S 215 STRONG	18:30	SPINNING	S 114 SPINNING				18:30	SPINNING VIRTUAL	S 114 SPINNING
19:15	BODY BALANCE	S 215 STRONG	18:30	SPINNING VIRTUAL	S 114 SPINNING							18:30	BODY COMBAT VIRTUAL	S 215 STRONG	19:00	BODY COMBAT VIRTUAL	S 215 STRONG			
19:15	SPINNING	S 114 SPINNING				19:15	STRETCHING	S 215 STRONG	19:30	BODY COMBAT	S 215 STRONG				19:00	BESTTRAINING VIRTUAL	S 115 GROUND			
			19:15	CORE	S 215 STRONG	19:30	SPINNING	S 114 SPINNING	19:30	SPINNING	S 114 SPINNING							19:00	BODY PUMP VIRTUAL	S 215 STRONG
19:30	HIPO-PILATES	S 115 GROUND				19:45	HIPO-PILATES	S 215 STRONG	19:30	BESTTRAINING VIRTUAL	S 115 GROUND	19:30	SPINNING VIRTUAL	S 114 SPINNING				19:00	BESTBALANCE VIRTUAL	S 115 GROUND
			19;30	BODY COMBAT	S 115 GROUND	19:45	FUNCIONAL	S 115 GROUND				19:30	BODY BALANCE	S 215 STRONG	20:00	SPINNING VIRTUAL	S 114 SPINNING	19:00	SPINNING VIRTUAL	S 114 SPINNING
20:15	BODY PUMP HEAVY	S 215 STRONG	19;30	SPINNING	S 114 SPINNING				20:30	FUNCIONAL	S 115 GROUND				20:00	BODY BALANCE VIRTUAL	S 215 STRONG			
20:30	GLUTEBOOM	S 115 GROUND				20:45	STRETCHING	S 115 GROUND	20:30	BODY PUMP	S 215 STRONG	20:30	SPINNING VIRTUAL	S 114 SPINNING						
20:30	SPINNING	S 114 SPINNING	19:45	STRETCHING	S 215 STRONG	20:45	SPINNING	S 114 SPINNING												
21:15	BODY PUMP	S 215 STRONG	20:30	FUNCIONAL	S 115 GROUND				21:00	SPINNING VIRTUAL	S 114 SPINNING	21:00	BODY COMBAT VIRTUAL	S 215 STRONG						
			20:30	BODY PUMP	S 215 STRONG	21:00	BODY PUMP	S 215 STRONG	21:30	BESTBALANCE VIRTUAL	S 115 GROUND	21:00	BESTTRAINING VIRTUAL	S 115 GROUND						
			20:30	SPINNING	S 114 SPINNING															