



MAPA DE AULAS

FITNESS HUT MARQUÊS DE POMBAL



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	BODYPUMP E2 45'				RPM E1 30'		
07:15		CYCLING E1 30'	POWERWOD TOS 30'				
07:30				CYCLING E1 45'			
07:45					POWERWOD TOS 30'		
08:00	RPM E1 30'	GAP E2 30'	PILATES E2 30'				
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'				
08:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'				
09:00		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'				
09:15						PILATES E2 45'	
09:30				VIRTUAL CYCLING E1 30'			
10:00	VIRTUAL CYCLING E1 30'	YOGA E2 45'			VIRTUAL CYCLING E1 30'		BODYPUMP E2 45'
10:15						3B E2 45'	
10:15						CYCLING E1 30'	
10:30			VIRTUAL CYCLING E1 30'				
11:00		ABS TOS 15'	ABS TOS 15'				
11:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'
11:15						BODYSTEP E2 45'	
11:15							
11:30			VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		ABS TOS 15'
12:00						VIRTUAL CYCLING E1 30'	
12:30	BODYBALANCE E2 30'	POWERWOD TOS 30'	LES MILLS CORE E2 30'	LES MILLS CORE E2 30'	RPM E1 45'		
12:30	HYROXWOD TOS 30'			ABS TOS 15'	ABS TOS 15'		VIRTUAL CYCLING E1 30'
12:45		CYCLING E1 45'		RPM E1 45'		LES MILLS CORE E2 30'	
13:00							
13:00				POWERWOD TOS 30'			
13:15	RPM E1 45'	HYROXWOD TOS 30'	BODYPUMP E2 45'	CYCLING E1 30'			
13:15	BODYPUMP E2 30'	GAP E2 45'		PILATES E2 45'			
13:30						BODYBALANCE E2 30'	
13:30						ABS TOS 15'	
15:00		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
15:30				VIRTUAL CYCLING E1 30'			
16:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:30			VIRTUAL CYCLING E1 30'				
17:00	RPM E1 45'			VIRTUAL CYCLING E1 30'			
17:15	BODYPUMP E2 45'						
17:30			VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'	
17:45			BODYPUMP E2 45'	BODYPUMP E2 45'			
18:00	DANÇAS TOS 45'	CYCLING E1 45'					
18:00		BODYSTEP E2 30'					
18:15	RPM E1 45'					PILATES E2 45'	
18:30				RPM E1 45'			
18:45		BODYBALANCE E2 45'	3B E2 45'	HYROXWOD TOS 30'			
19:00		POWERWOD TOS 30'		ABS TOS 15'	CYCLING E1 45'		
19:15	CYCLING E1 45'						
19:15	BODYPUMP E2 45'				BODYPUMP E2 45'		
19:30				POWERWOD TOS 30'			
19:30		CYCLING E1 45'	RPM E1 45'	RPM E1 45'			
19:35				BODYPUMP E2 45'			
19:45		BODYPUMP E2 45'	BODYSTEP E2 45'				
20:00					VIRTUAL CYCLING E1 30'		
20:15	PILATES E2 45'						
20:40							
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		

Adesão Iberia 1,90€/MÊS

Adesão Zone 2,90€/MÊS

Adesão Club 3,90€/MÊS

ÁGUA VITAMINADA

SEM AÇÚCARES 3 SABORES DIFERENTES SEM CALORIAS

HUT20

*Inclui 1l de água vitaminada por dia, com a possibilidade de encher até um máximo de 0,5l por recarga, com um intervalo de 30 minutos. Garrafa não incluída. Oferta válida até 30.03.24. Uso pessoal e intransmissível.



TODA A INFORMAÇÃO AQUI

- > A FITNESS HUT RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATÓRIO.
- > NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO	CORPO E MENTE
CYCLING	DANÇAS
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.FITNESSHUT.PT OU APP