



MAPA DE AULAS FITNESS HUT LINDA-A-VELHA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	HYROXWOD	POWERWOD	HYROXWOD	POWERWOD	HYROXWOD		
07:00		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
07:00	CYCLING	3B	CYCLING		BODYPUMP		
07:45				FIT MOVES			
08:00	GAP	LES MILLS CORE	BODYBALANCE		CYCLING		
09:00	ABS	ABS		ABS	ABS		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:15							HYROXWOD
10:00						BODYBALANCE	CYCLING
11:00	ABS	ABS	ABS	ABS	ABS	3B	YOGA
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
12:00						POWERWOD	
12:15	CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	3B	PILATES		BODYBALANCE	PILATES		
12:30			CYCLING				
12:30			BODYCOMBAT				
13:00	DANCE MOVES						
13:00	POWERWOD	HYROXWOD	POWERWOD		CYCLING		
13:15		LES MILLS CORE	BODYPUMP	3B			
13:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
16:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS	ABS		VIRTUAL CYCLING
17:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00	ABS	ABS	ABS	ABS	ABS		
18:00		DANCE MOVES	3B		BODYPUMP		
18:15	BODYPUMP			BODYBALANCE			
18:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:30		HYROXWOD	POWERWOD	HYROXWOD			
18:45			BODYPUMP				
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	POWERWOD	BODYBALANCE			DANCE MOVES		
19:15				YOGA			
19:15	RPM	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
19:15	YOGA	BODYCOMBAT	FIT MOVES	BODYCOMBAT			
19:45			PILATES				
20:00	ABS	ABS	ABS				
20:00	FIT MOVES				PILATES		
20:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:15	3B	LES MILLS CORE		LES MILLS CORE			
21:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

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