

# MAPA DE AULAS

## FITNESSHUT ALVERCA



INICIO: 01/05

| INICIO | SEG                       | TER                       | QUA                       | QUI                       | SEX                            | SÁB                               | DOM                       |
|--------|---------------------------|---------------------------|---------------------------|---------------------------|--------------------------------|-----------------------------------|---------------------------|
| 07:00  | POWERWOD<br>TOS 30'       | CYCLING<br>E1 45'         | GAP<br>E2 45'             | CYCLING<br>E1 45'         | BODYPUMP<br>E2 45'             |                                   |                           |
| 07:30  | HYROXWOD<br>BOX30'        |                           |                           |                           |                                |                                   |                           |
| 07:45  |                           |                           |                           |                           |                                |                                   |                           |
| 08:00  |                           |                           |                           |                           |                                |                                   |                           |
| 08:30  | VIRTUAL CYCLING<br>E1 30' |                           | VIRTUAL CYCLING<br>E1 30' |                           | VIRTUAL CYCLING<br>E1 30'      |                                   |                           |
| 09:00  |                           |                           |                           |                           |                                |                                   |                           |
| 09:30  | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30'      |                                   | CYCLING<br>E1 45'         |
| 10:00  |                           |                           |                           |                           |                                | GAP<br>E2 45'                     |                           |
| 10:30  | HYROXWOD<br>BOX30'        | BODYBALANCE<br>E2 45'     | PILATES<br>E2 45'         | BODYPUMP<br>E2 45'        | BODYBALANCE<br>E2 45'          | CYCLING<br>E1 45'                 | GAP<br>E2 30'             |
| 11:00  | VIRTUAL CYCLING<br>E1 30' |                           |                           | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30'      |                                   |                           |
| 11:00  | ABS<br>TOS15'             | ABS<br>TOS15'             | ABS<br>TOS15'             |                           | ABS<br>TOS15'                  |                                   | ABS<br>TOS15'             |
| 11:15  |                           |                           |                           |                           |                                | BODYPUMP<br>E2 30'                |                           |
| 11:45  |                           |                           |                           |                           |                                |                                   | YOGA<br>E2 45'            |
| 12:00  |                           | VIRTUAL CYCLING<br>E1 30' |                           | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E145'       |                                   | VIRTUAL CYCLING<br>E1 30' |
| 12:30  |                           |                           |                           |                           |                                |                                   |                           |
| 13:00  | CYCLING<br>E1 45'         | BODYPUMP<br>E2 45'        | CYCLING<br>E1 45'         | GAP<br>E2 45'             |                                |                                   | VIRTUAL CYCLING<br>E1 30' |
| 13:30  |                           |                           |                           |                           | POWERWOD<br>HYROXWOD<br>BOX30' |                                   |                           |
| 14:00  |                           |                           |                           |                           |                                |                                   |                           |
| 14:30  |                           |                           |                           |                           |                                |                                   |                           |
| 15:00  | VIRTUAL CYCLING<br>E1 30' |                           | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30'      | VIRTUAL CYCLING<br>E1 30'         |                           |
| 15:30  |                           |                           |                           |                           |                                |                                   |                           |
| 16:00  | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30'      | VIRTUAL CYCLING<br>E1 30'         |                           |
| 16:30  |                           |                           |                           |                           |                                |                                   |                           |
| 17:00  | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' |                                | VIRTUAL CYCLING<br>E1 30'         |                           |
| 17:30  | GAP<br>E2 30'             | GAP<br>E2 30'             | BODYPUMP<br>E245'         | BODYPUMP<br>E245'         |                                |                                   |                           |
| 17:45  |                           |                           |                           |                           |                                |                                   |                           |
| 18:00  |                           | POWERWOD<br>TOS 30'       |                           |                           |                                | BODYATTACK<br>POWERWOD<br>TOS 30' |                           |
| 18:00  |                           | RPM<br>E1 45'             | CYCLING<br>E1 45'         |                           |                                |                                   |                           |
| 18:15  | RPM<br>E1 45'             |                           |                           | CYCLING<br>E1 45'         | RPM<br>E1 45'                  |                                   |                           |
| 18:15  | BODYPUMP<br>E2 30'        | BODYPUMP<br>E2 45'        | HYROXWOD<br>BOX 30'       |                           |                                |                                   |                           |
| 18:30  |                           | HYROXWOD<br>BOX 30'       |                           | BODYATTACK<br>TOS 45'     | HYROXWOD<br>BOX 30'            |                                   |                           |
| 18:30  |                           |                           | BODYSTEP<br>E2 45'        | GAP<br>E2 30'             | BODYSTEP<br>E2 45'             |                                   |                           |
| 18:45  |                           |                           | POWERWOD<br>TOS 30'       |                           |                                |                                   |                           |
| 19:00  | BODYSTEP<br>E2 30'        | BODYATTACK<br>TOS 45'     |                           |                           |                                |                                   |                           |
| 19:00  | ABS<br>TOS15'             | ABS<br>TOS15'             |                           | ABS<br>TOS15'             | ABS<br>TOS15'                  |                                   |                           |
| 19:10  |                           | PILATES<br>E2 45'         |                           | PILATES<br>E2 45'         |                                |                                   |                           |
| 19:15  |                           | RPM<br>E1 45'             |                           |                           |                                |                                   |                           |
| 19:30  |                           |                           | CYCLING<br>E1 45'         |                           |                                |                                   |                           |
| 19:30  | CYCLING<br>E1 45'         |                           | BODYATTACK<br>TOS 45'     |                           | CYCLING<br>E1 45'              | BODYPUMP<br>E2 45'                |                           |
| 19:45  | BODYATTACK<br>TOS 45'     |                           | BODYBALANCE<br>E2 45'     |                           |                                |                                   |                           |
| 20:00  | YOGA<br>E2 45'            | ZUMBA<br>E2 45'           |                           | ZUMBA<br>E2 45'           |                                |                                   |                           |
| 20:00  | ABS<br>TOS15'             | ABS<br>TOS15'             | ABS<br>TOS15'             |                           |                                |                                   |                           |
| 21:00  | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30' | VIRTUAL CYCLING<br>E1 30'      |                                   |                           |

### DÁ O SALTO E MARCA A DIFERENÇA



### E MUITO MAIS...

Faz upgrade para a **Adesão Iberia** na tua área de cliente (app ou web) e disfruta de todas **vantagens**.



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](http://WWW.FITNESSHUT.PT) OU APP