



# MAPA DE AULAS FITNESS HUT MASSAMÁ



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING			BODYCOMBAT			
07:15		GAP	BODYPUMP		POWERWOD		
08:00	BODYPUMP			BODYPUMP			
08:15		BODYBALANCE	3B		VIRTUAL CYCLING		
09:15						BODYCOMBAT	
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		CYCLING
10:00	3B	ABS	POWERWOD	YOGA	FIT MOVES		
10:15						BODYPUMP	
10:30							BODYPUMP
11:00	ABS	PILATES	ABS	ABS	ABS		
11:15						BODYATTACK	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:00						ZUMBA	
12:30	BODYCOMBAT	3B	PILATES	POWERWOD	GAP		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
18:00	ABS	ABS	ABS	ABS			
18:00				PILATES			
18:15	BODYCOMBAT	BODYBALANCE	BODYPUMP				
18:15			CYCLING				
18:30	CYCLING	RPM		CYCLING	YOGA		
18:45	BODYATTACK		BODYCOMBAT	DANÇAS			
19:00	ABS	ABS	CYCLING		CYCLING		
19:00			3B	BODYPUMP			
19:15	BODYPUMP	GAP					
19:15	CYCLING	CYCLING					
19:30	POWERWOD			VIRTUAL CYCLING			
19:30		BODYCOMBAT					
19:45			BODYBALANCE	GAP			
20:00					BODYPUMP		
20:15	BODYBALANCE	BODYPUMP			VIRTUAL CYCLING		
20:30	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING			

**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