



MAPA DE AULAS FITNESS HUT ALMADA



DATA INICIO: 01/07

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:30	BODYPUMP E2 30'	CYCLING E1 30'		RPM E1 30'	BODYPUMP E2 30'		
07:15					YOGA E2 45'		
07:30	VIRTUAL CYCLING E1 30'	BODYPUMP E2 30'		VIRTUAL CYCLING E1 30'			
07:45			HYROXWOD BOX 30'				
08:00	ABS TOS 15'			ABS TOS 15'	VIRTUAL CYCLING E1 30'		
09:15		RPM E1 30'		RPM E1 30'	HYROXWOD BOX 30'		
09:30	BODYBALANCE E2 45'					CYCLING E1 30'	3B E2 30'
10:00		PILATES E2 45'		PILATES E2 45'			
10:15						BODYPUMP E2 30'	CYCLING E1 30'
10:30							
11:00		ABS TOS 15'	VIRTUAL CYCLING E1 30'	ABS TOS 15'		VIRTUAL CYCLING E1 30'	
11:00						PILATES E2 45'	BODYPUMP E2 30'
11:30	VIRTUAL CYCLING E1 30'				VIRTUAL CYCLING E1 30'		
12:00		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
12:30							VIRTUAL CYCLING E1 30'
12:45	RPM E1 30'	3B E2 30'		HYROXWOD BOX 30'			
13:00	ABS TOS 15'		ABS TOS 15'		ABS TOS 15'		
13:15		HYROXWOD BOX 30'			RPM E1 30'		
13:30			BODYPUMP E2 30'				
15:00	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'				
16:00		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	
16:30	VIRTUAL CYCLING E1 30'				VIRTUAL CYCLING E1 30'		
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
17:30			VIRTUAL CYCLING E1 30'				
18:00				BODYBALANCE E1 45'	BODYPUMP E2 30'		
18:00							
18:15		ZUMBA TOS 45'					
18:30	RPM E1 30'		POWERWOD TOS 30'		RPM E1 30'		
18:45			RPM E1 30'				
19:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
19:00	BODYPUMP E2 30'	BODYBALANCE E2 45'		BODYPUMP E2 30'	PILATES E2 45'		
19:00		BODYATTACK TOS 30'					
19:15	BODYATTACK TOS 30'		BODYPUMP E2 30'				
19:15			FIT MOVES TOS 30'	ZUMBA TOS 30'			
19:30				RPM E1 30'	VIRTUAL CYCLING E1 30'		
19:45	GAP E2 30'	RPM E1 30'	VIRTUAL CYCLING E1 30'				
20:00	ABS TOS 15'		ABS TOS 15'	PILATES E2 45'	ABS TOS 15'		
20:00			YOGA E2 45'	POWERWOD TOS 30'	3B E2 30'		
20:30		HYROXWOD BOX 30'					
20:30	BODYBALANCE E2 45'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
20:45		BODYPUMP E2 30'					
20:45				HYROXWOD BOX 30'			
21:00	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING 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 OU APP