



# MAPA DE AULAS FITNESS HUT AMADORA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15		<b>BODYPUMP</b>	<b>CYCLING</b>		<b>BODYATTACK</b>		
07:15	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>		<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>		
08:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>		
09:30	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>
10:00						<b>BODYPUMP</b>	<b>ABS</b>
10:30				<b>PILATES</b>			
11:00	<b>POWERWOD</b>				<b>POWERWOD</b>	<b>ZUMBA</b>	
11:00							<b>VIRTUAL CYCLING</b>
12:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>
12:00	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>
13:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>
13:00	<b>BODYPUMP</b>		<b>CYCLING</b>	<b>BODYPUMP</b>	<b>CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>
13:15							
14:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>		
14:30	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	
17:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>		
17:00	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	
17:45		<b>PILATES</b>	<b>STRETCHING</b>	<b>BODYPUMP</b>	<b>BODYPUMP</b>		
17:45				<b>BODYSTEP</b>			
18:00	<b>BODYPUMP</b>		<b>FIT MOVES</b>				
18:15		<b>GAP</b>					
18:30		<b>CYCLING</b>		<b>CYCLING</b>			
18:45	<b>BODYSTEP</b>	<b>BODYPUMP</b>	<b>BODYSTEP</b>	<b>GAP</b>	<b>CYCLING</b>		
18:45	<b>BODYATTACK</b>		<b>GAP</b>	<b>FIT MOVES</b>	<b>POWERWOD</b>		
18:45	<b>CYCLING</b>						
19:00	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>		
19:00		<b>POWERWOD</b>					
19:30	<b>3B</b>				<b>PILATES</b>		
19:30	<b>ZUMBA</b>		<b>ZUMBA</b>				
19:45		<b>BODYATTACK</b>		<b>BODYATTACK</b>			
20:00	<b>YOGA</b>		<b>YOGA</b>				
21:00	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>	<b>VIRTUAL CYCLING</b>		

## 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**



- > 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.

<b>CARDIO</b>	<b>CORPO E MENTE</b>
<b>CYCLING</b>	<b>DANÇAS</b>
<b>FORÇA</b>	<b>FUNCIONAL</b>
<b>ABS</b>	<b>CYCLING VIRTUAL</b>

