



# MAPA DE AULAS FITNESS HUT BRAGA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	RPM E1 45'	HYROXWOD BOX 30'	VIRTUAL CYCLING E1 30'	BODYPUMP E2 45'	POWERWOD TOS 30'		
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		E245'
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:15							
09:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
09:30	PILATES E2 45'			PILATES E2 45'			
09:45					BODYPUMP E2 30'		
10:00			RPM E2 45'				
10:15							
10:30				3B E2 30'	FIT MOVES TOS 30'	RPM E1 45'	
10:45							
11:00							
11:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
12:45	RPM E1 30'	BODYATTACK TOS 30'	BODYPUMP E2 30'				
15:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
17:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
17:00	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	
17:30							
17:45				3B E2 30'			
18:00	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	
18:15			FIT MOVES TOS 30'				
18:30	BODYPUMP E2 30'	FIT MOVES TOS 30'				HYROXWOD	
18:45	BODYATTACK TOS 30'	PILATES E2 45'	BODYPUMP E2 45'	BODYATTACK TOS 45'			
19:00	BODYATTACK TOS 30'	RPM E1 45'		VIRTUAL CYCLING E1 30'	BODYPUMP E1 45'		
19:15	HYROXWOD BOX 30'						
19:30		POWERWOD TOS 30'		RPM E2 45'			
19:45			PILATES E2 45'				
19:45							
20:00	RPM E2 45'	BODYATTACK TOS 30'				PILATES E2 45'	
20:15	PILATES E2 45'						
20:30							
21:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
22:30							

## 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-MENTE
CICLO	DANÇAS
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL