

MAPA DE AULAS

FITNESSHUT CACÉM



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:15							
06:45					3B		
07:00	BODYPUMP	CYCLING	BODYPUMP	CYCLING			
07:15	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
09:00							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	BODYATTACK	ZUMBA	PILATES	BODYBALANCE	BODYPUMP	CYCLING	
10:00			ABS		ABS		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00	ABS					3B	
11:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING						
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	HBX BOXING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30	POWERWOD	HYROXWOD					
13:00						VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	CYCLING		BODYPUMP	HBX BOXING			
13:30		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:00							
15:00							
16:00							
17:00	ABS		ABS		ABS	VIRTUAL CYCLING	
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
18:00	3B	CYCLING	BODYPUMP	HBX BOXING	CYCLING		
18:00		ABS		ABS			
18:15							
18:30	HYROXWOD						
18:30	VIRTUAL CYCLING						
19:00		ABS	ABS	ABS	ABS		
19:00	PILATES	BODYPUMP	ZUMBA	BODYBALANCE	BODYATTACK		
19:30	CYCLING		VIRTUAL CYCLING				
20:00	BODYPUMP	ZUMBA	BODYATTACK	BODYPUMP			
20:00				VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING	VIRTUAL CYCLING				
21:00				VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				
21:45							
22:00							

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