



MAPA DE AULAS FITNESS HUT MASSAMÁ



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45			3B				
07:00	BODYPUMP	CYCLING		BODYCOMBAT			
07:15					POWERWOD		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	BODYCOMBAT	VIRTUAL CYCLING
10:00	3B	ABS	POWERWOD	YOGA	FIT MOVES		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	ABS	PILATES	ABS	ABS		BODYPUMP	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:45						ZUMBA	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	BODYPUMP	3B	PILATES	POWERWOD	GAP	VIRTUAL CYCLING	
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00				PILATES	VIRTUAL CYCLING		
18:30	CYCLING	VIRTUAL CYCLING	CYCLING		YOGA		
18:45		GAP					
19:00				VIRTUAL CYCLING	VIRTUAL CYCLING		
19:00			3B	DANÇAS			
19:30	VIRTUAL CYCLING		VIRTUAL CYCLING				
19:30	BODYPUMP	CYCLING			BODYCOMBAT		
19:45			BODYBALANCE				
20:00				VIRTUAL CYCLING			
20:00				BODYPUMP			
20:15	BODYBALANCE	BODYPUMP					
20:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
20:45		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 OU APP