

MAPA DE AULAS



07:00		RPM	E1 30'			POWERWOD	TOS 30'						
07:15	BODYPUMP	E2 45'		BODYCOMBAT	E2 45'	BODYATTACK	E2 45'						
07:30		BODYPUMP	E2 30'			3B	E2 30'						
09:00	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'					
10:00	ABS	TOS 15'		ABS	TOS 15'		ABS	TOS 15'					
10:15	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	BODYPUMP	E2 45'	CYCLING	E1 45'	
11:00	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'					
11:15									BODYCOMBAT	TOS 45'	BODYPUMP	E2 45'	
12:00	ABS	TOS 15'	ABS	TOS 15'		ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'
12:15									3B	TOS 30'			
12:45	BODYATTACK	E2 45'	FIT MOVES	E2 30'	BODYPUMP	E2 45'	CYCLING	E1 30'	BODYPUMP	E2 45'			
13:00												VIRTUAL CYCLING	E1 30'
13:15							STRETCHING	E2 30'					
13:30	VIRTUAL CYCLING	E1 30'		VIRTUAL CYCLING	E1 30'				VIRTUAL CYCLING	E1 30'			
14:00			VIRTUAL CYCLING	E1 30'		VIRTUAL CYCLING	E1 30'				VIRTUAL CYCLING	E1 30'	
15:30	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	VIRTUAL CYCLING	E1 30'	
16:30													
17:00	ABS	TOS 15'				ABS	TOS 15'						
17:00			VIRTUAL CYCLING	E1 30'				VIRTUAL CYCLING	E1 30'				
17:15	VIRTUAL CYCLING	E1 30'				VIRTUAL CYCLING	E1 30'						
17:30													
18:00			ABS	TOS 15'				ABS	TOS 15'	VIRTUAL CYCLING	E1 30'		
18:15	YOGA	E2 45'	BODYPUMP	E2 45'				BODYPUMP	E2 45'				
18:15			3B	TOS 30'									
18:15							BODYATTACK	TOS 30'					
18:30	FIT MOVES	TOS 45'			BODYPUMP	E2 45'	CYCLING	E1 30'					
19:00			ABS	TOS 15'			ABS	TOS 15'					
19:00			BODYATTACK	TOS 45'									
19:00			CYCLING	E1 30'			BODYPUMP	E2 45'	CYCLING	E1 30'			
19:15			ZUMBA	E2 45'			BODYCOMBAT	TOS 30'					
19:30	CYCLING	E1 45'			CYCLING	E1 45'							
19:30					PILATES	E2 45'							
20:00	ABS	TOS 15'					ABS	TOS 15'					
20:00													
20:30	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