



MAPA DE AULAS FITNESS HUT SANTOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
07:00	BODYATTACK E2 45'	3B E1 45'	BODYPUMP E2 45'	CYCLING E1 45'	BODYPUMP E2 45'		
07:15		FIT MOVES E2 45'		FIT MOVES E2 45'			
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
08:00							E245'
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:15				PILATES E1 45'			
09:30		YOGA E2 45'			YOGA E2 45'		
10:00							PILATES E2 45'
10:30							
10:30						BODYSTEP TOS 45'	
11:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		BODYSTEP E2 45'
11:30						GAP E2 45'	
12:15							
12:30	BODYSTEP E2 30'						
12:45				BODYATTACK E2 30'			
13:00	BODYPUMP E2 45'	RPM E1 45'	FIT MOVES TOS 30'		BODYATTACK E2 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
13:00							
13:15	RPM E1 30'		3B E2 30'				
13:15		PILATES E2 45'					
13:30			POWERWOD TOS 30'	BODYPUMP E2 30'			
13:30							
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'	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'	VIRTUAL CYCLING E1 30'
17:15							
17:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
18:00		BODYPUMP E2 45'			3B E2 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
18:15	HYROXWOD TOS 30'						
18:15							
18:30	3B E2 30'		3B E2 30'	POWERWOD TOS 30'			
19:00	FIT MOVES TOS 30'	FIT MOVES E2 30'	RPM E2 45'	BODYPUMP E2 45'			
19:00	RPM E1 45'						
19:00	ZUMBA E2 45'	BODYATTACK TOS 45'	BODYPUMP E2 45'	ZUMBA TOS 45'			
19:10							
19:30	POWERWOD TOS 30'	BODYSTEP E2 30'					
19:30		RPM E1 45'					
19:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
20:00	BODYPUMP E2 45'			BODYATTACK E2 45'			
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
20:00							
20:15							
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 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