



MAPA DE AULAS

FITNESSHUT VISEU



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00							
07:15	VIRTUAL CYCLING E1 30'	CYCLING E1 45'	VIRTUAL CYCLING E1 30'	CYCLING E1 45'	VIRTUAL CYCLING E1 30'		
07:15		VIRTUAL CYCLING E1 30'					
08:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
09:15	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'
09:00							
10:00	ABS	ABS	ABS		ABS		VIRTUAL CYCLING E1 30'
10:00	BODYPUMP E2 45'					CYCLING E1 45'	
10:15		BODYATTACK TOS 30'	3B TOS 45'	YOGA E2 45'	HYROXWOD BOX 30'		
11:00							
11:00							VIRTUAL CYCLING E1 30'
12:00						VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
12:15	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
13:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
14:00							
15:15	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:00							
16:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	
17:00			ABS		ABS		
17:30							
17:45	BODYATTACK TOS 30'	ZUMBA E2 30'					
18:00	ABS			3B TOS 30'	3B TOS 30'		
18:00		BODYPUMP E2 30'	BODYPUMP E2 30'				
18:15				CYCLING E1 45'	PILATES E2 30'		
18:30	BODYPUMP E2 45'						
18:45		CYCLING E1 45'				BODYATTACK TOS 45'	
18:45			BODYATTACK TOS 45'				
19:00	ABS			ABS			
19:00			HUT RUNNERS OUT 45'				
19:00				PILATES E2 30'	BODYCOMBAT E2 45'		
19:15	ZUMBA TOS 30'	FIT MOVES TOS 30'	BODYCOMBAT TOS 30'	BODYCOMBAT TOS 30'			
19:30	CYCLING E1 30'						
19:45	PILATES E2 30'	BODYCOMBAT E2 30'	POWERWOD TOS 30'	BODYPUMP E2 45'			
20:00			CYCLING E1 45'		BODYPUMP E2 30'		
20:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
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