



# MAPA DE AULAS

## FITNESSHUT AMADORA



DATA DE INICIO: 02/09

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	CYCLING	FIT MOVES	BODYPUMP	YOGA	BODYATTACK		
08:00	ABS	ABS	ABS	ABS	ABS		
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING
10:00		PILATES		PILATES		BODYPUMP	ABS
11:00	POWERWOD		POWERWOD	FIT MOVES	POWERWOD	ZUMBA	VIRTUAL CYCLING
12:00	ABS	ABS	ABS	ABS	ABS	ABS	ABS
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	BODYPUMP	BODYATTACK	CYCLING	BODYPUMP	FIT MOVES	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	ABS	ABS	ABS	ABS	ABS	ABS	ABS
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00	ABS	ABS	ABS	ABS	ABS		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45	FIT MOVES	PILATES	GAP	ZUMBA	BODYPUMP		
18:00	BODYPUMP	GAP	CYCLING	BODYPUMP			
18:30	BODYATTACK	CYCLING		CYCLING			
18:45	CYCLING	POWERWOD	FIT MOVES	FIT MOVES	CYCLING		
18:45	GAP	BODYPUMP		GAP	POWERWOD		
19:00			BODYPUMP				
19:30	ZUMBA	BODYATTACK	ZUMBA		PILATES		
19:30	FIT MOVES	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
19:45	VIRTUAL CYCLING			BODYATTACK	VIRTUAL CYCLING		
20:15	STRETCHING	STRETCHING	YOGA				
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	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](http://WWW.FITNESSHUT.PT) OU APP