



# MAPA DE AULAS

## FITNESS HUT SHOPPING CIDADE DO PORTO



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
07:30	GAP E2 45'	FIT MOVES TOS 30'	PILATES E2 45'	CYCLING E1 45'	BODYPUMP TOS 15'		
08:00				ABS TOS 15'	ABS TOS 15'		
09:00				ABS TOS 15'	ABS TOS 15'		
10:00	YOGA E2 45'	BODYBALANCE E2 45'	YOGA E2 45'	BODYPUMP E2 30'	GAP E2 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
10:15					FIT MOVES TOS 30'		
11:00	FIT MOVES TOS 30'					BODYPUMP E2 45'	VIRTUAL CYCLING E1 30'
11:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
12:00						RPM E1 45'	VIRTUAL CYCLING E1 30'
12:15			POWERWOD TOS 30'				
12:30	RPM E1 30'	POWERWOD TOS 30'		YOGA E2 45'			
12:30				FIT MOVES TOS 30'			
12:45			3B E2 30'		BODYBALANCE E2 30'		
13:00					ZUMBA TOS 45'		VIRTUAL CYCLING E1 30'
13:15	PILATES E2 45'	BODYPUMP E2 45'		RPM E1 45'			
13:15		ZUMBA TOS 45'					
13:30			BODYBALANCE E2 30'	GAP E2 30'	BODYPUMP E2 30'		
14:30		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
15:30	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
16:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
16:30		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
17:30			FIT MOVES TOS 30'		PILATES E2 45'		
17:45	3B E2 30'			FIT MOVES TOS 30'			
17:45	POWERWOD TOS 30'						
18:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
18:00		FIT MOVES TOS 30'			FIT MOVES TOS 30'		
18:00		PILATES E2 30'					
18:15		CYCLING E1 45'			GAP E2 45'		
18:30	CYCLING E1 45'		BODYPUMP E2 30'		YOGA E2 45'		
18:30	BODYBALANCE E2 45'				RPM E1 30'		
18:45		DANÇAS TOS 45'	ZUMBA TOS 45'				
18:45							
19:00			CYCLING E1 45'				
19:15			BODYBALANCE E2 45'	PILATES E2 45'			
19:30					POWERWOD TOS 30'		
19:45	BODYPUMP E2 45'	BODYPUMP E2 45'					
20:15				BODYPUMP E2 45'			

**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 OBRIGATORIO.
- > 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