



MAPA DE AULAS FITNESS HUT ALFRAGIDE

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	RPM	BODYPUMP	GAP	FIT MOVES	CYCLING		
07:15	3B						
07:30			CYCLING VIRTUAL	CYCLING VIRTUAL			
07:45			POWERWOD				
08:30	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15						YOGA	CYCLING VIRTUAL
09:30							
10:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	RPM	
10:00	ABS	ABS	ABS	ABS	ABS		FIT MOVES
10:30							CYCLING VIRTUAL
11:00	ABS	ABS	ABS	ABS	ABS		BODYCOMBAT
11:00						BODYPUMP	
11:30	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
12:00						POWERWOD	
12:15	BODYPUMP				3B		
12:30		PILATES		BODYPUMP			CYCLING VIRTUAL
12:30	POWERWOD	BODYCOMBAT	RPM	POWERWOD			
12:45		CYCLING			CYCLING		
13:00	ABS	ABS	ABS	ABS	ABS	CYCLING VIRTUAL	
13:00			POWERWOD	RPM			
13:15	RPM						
13:15	FIT MOVES			BODYCOMBAT	PILATES		
13:30		3B	GAP				CYCLING VIRTUAL
15:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:00	ABS	ABS	ABS	ABS	ABS		
17:15		YOGA					
18:00	ABS	ABS	ABS	ABS	ABS	CYCLING VIRTUAL	
18:00	BODYPUMP		BODYPUMP	3B	3B		
18:15	DANCE MOVES	3B					
18:30				RPM			
18:45		CYCLING			RPM		
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	RPM		RPM				
19:00	3B	BODYPUMP	3B	DANCE MOVES	STRETCH MOVES		
19:15				RPM			
19:15	BODYCOMBAT		BODYCOMBAT				
19:30				YOGA			
19:45					BODYPUMP		
20:00	STRETCH MOVES	PILATES					
20:15	POWERWOD		POWERWOD				
21:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

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