



MAPA DE AULAS

FITNESS HUT BRAGA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	VIRTUAL CYCLING E1 45'	HYROXWOD BOX 30'	RPM E1 45'	BODYPUMP E2 30'	POWERWOD TOS 30'		
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		E245'
08:30			HUT RUNNERS OUT 45'				
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:15	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	3B E2 30'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		
09:30	PILATES E2 45'			PILATES E2 45'		PILATES E2 45'	VIRTUAL CYCLING E1 45'
09:45					BODYPUMP E2 30'		
10:00			RPM E1 45'				
10:15		DANÇAS E1 30'					
10:30	BODYPUMP E2 45'			3B E2 45'	FIT MOVES TOS 30'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
11:00		GAP E1 30'			RPM E1 45'		
11:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		
12:45	RPM E1 45'	BODYATTACK E2 45'	BODYPUMP E2 45'				
15:00	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
16:00	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
17:00	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
17:00	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	
17:30							
17:45	DANÇAS E2 30'	PILATES E2 45'		3B E2 30'			
18:00			3B E2 30'	POWERWOD TOS 30'			
18:00	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	ABS BOX 15'	
18:30	BODYPUMP E2 30'	FIT MOVES TOS 30'	FIT MOVES TOS 30'		HYROXWOD BOX 30'		
18:45		3B E2 30'	BODYPUMP E2 45'	BODYATTACK TOS 45'			
19:00	HYROXWOD BOX 30'	VIRTUAL CYCLING E1 45'	RPM E1 30'		3B E2 30'		
19:15	BODYATTACK TOS 30'	POWERWOD TOS 30'	HYROXWOD BOX 30'		FIT MOVES TOS 45'		
19:30		BODYPUMP E2 30'	GAP E2 30'	RPM E2 45'			
19:45			PILATES E2 45'	BODYPUMP E2 30'			
19:45	RPM E2 45'						
20:00	HUT RUNNERS OUT 45'				PILATES E2 45'		
20:15	PILATES E2 45'						
21:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		



Vem treinar
**COM QUEM
QUISERES**

APENAS COM

ADESÃO IBERIA



FAZ UPGRADE
NA TUA APP



Treina em
+100 CLUBES



RESERVA
DE AULAS
com antecedência



NUTRIÇÃO
PERSONALIZADA
e receitas

AULAS LES MILLS APP · ACESSO ILIMITADO
PLANOS DE TREINO APP

*Consulta as condições na tua Área de Cliente.



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-MENTE
CICLO	DANÇAS
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.FITNESSHUT.PT OU APP