



MAPA DE AULAS

FITNESS HUT MATOSINHOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	POWERWOD (TOS 30')		BODYATTACK (E2 45')	BODYPUMP (E2 45')	FIT MOVES (TOS 30')		
08:00	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')		E245'
08:30	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
09:30	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
10:00			PILATES (E2 45')			PILATES (E2 45')	BODYSTEP (E2 45')
10:15	3B (E2 45')				GAP (E2 45')		
10:45		PILATES (E2 45')		PILATES (E2 45')			
11:00						BODYPUMP (E2 45')	FIT MOVES (TOS 30')
11:30	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	HYROXWOD (BOX 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
11:45							GAP (E2 30')
12:00						HYROXWOD (BOX 30')	
12:30	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')	ABS (TOS 15')		
12:45	HYROXWOD (BOX 30')	3B (E2 45')	BODYPUMP (TOS 45')	FIT MOVES (TOS 30')	BODYSTEP (E2 45')		
14:00	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
15:00	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
16:00	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	BODYATTACK (TOS 45')	
17:00	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	BODYPUMP (E2 45')	
17:00	ABS (TOS 15')						
17:45			HYROXWOD (BOX 30')				
18:00					ABS (TOS 15')		
18:00	PILATES (E2 45')	BODYSTEP (E2 45')					
18:15	FIT MOVES (TOS 30')				FIT MOVES (TOS 30')	POWERWOD (TOS 30')	
18:30		RPM (E1 45')	BODYSTEP (TOS 45')	BODYPUMP (E2 45')			
18:45	CYCLING (E1 30')						
19:00	ABS (TOS 15')		ABS (TOS 15')		ABS (TOS 15')		
19:00	BODYATTACK (TOS 45')	DANÇAS (E2 30')	GAP (E2 45')	HYROXWOD (BOX 30')	RPM (E1 45')		
19:00					PILATES (E2 45')		
19:15		BODYATTACK (TOS 45')					
19:30	BODYSTEP (E2 45')		FIT MOVES (TOS 30')	BODYATTACK (TOS 45')			
19:45		BODYPUMP (E2 45')					
20:00					BODYPUMP (E2 45')		
20:30				RPM (E1 30')			
21:00	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		
21:30	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')	VIRTUAL CYCLING (E1 30')		



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