



# MAPA DE AULAS

## FITNESS HUT ALMIRANTE REIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:30	VIRTUAL CYCLING E1 30'				VIRTUAL CYCLING E1 30'		
07:30	GAP E2 45'	STRETCHING E2 45'	RPM E1 45'	BODYPUMP E1 45'	HYROXWOD BOX 30'		
08:00		ABS TOS 15'		ABS TOS 15'			
08:00	ABS TOS 15'	VIRTUAL CYCLING E1 30'	ABS TOS 15'	VIRTUAL CYCLING E1 30'	ABS TOS 15'		
08:30			VIRTUAL CYCLING E1 30'				
08:30	VIRTUAL CYCLING E1 30'						
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:30					VIRTUAL CYCLING E1 30'		3B E2 30'
09:30						VIRTUAL CYCLING E1 30'	
10:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	VIRTUAL CYCLING E1 30'			
10:00	PILATES E2 45'			ABS TOS 15'	ABS TOS 15'	BODYPUMP E2 45'	
10:15							BODYBALANCE E2 45'
10:30			VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'	
10:30			PILATES E2 45'		GAP E2 30'		
10:45						BODYCOMBAT TOS 45'	
11:00				VIRTUAL CYCLING E1 30'			
11:00		3B E2 45'	ABS TOS 15'	ABS TOS 15'			
11:15		POWERWOD BOX 30'			BODYBALANCE E2 30'	ZUMBA E2 45'	
11:30			VIRTUAL CYCLING E1 30'	POWERWOD BOX 30'		RPM E1 45'	
11:45							
12:00	ABS TOS 15'	VIRTUAL CYCLING E1 30'					ABS TOS 15'
12:00		ABS TOS 15'			VIRTUAL CYCLING E1 30'		
12:00	VIRTUAL CYCLING E1 30'		ABS TOS 15'		ABS TOS 15'		
12:15					FIT MOVES E2 30'		
12:15		BODYPUMP E2 30'	3B E2 30'	BODYCOMBAT E2 30'	BODYPUMP E2 30'	PILATES E2 45'	
12:30			CYCLING E1 45'			ABS TOS 15'	
12:45	ZUMBA E2 30'	CYCLING E1 30'	ZUMBA E2 30'				
13:00	HYROXWOD BOX 30'	PILATES E2 45'	BODYBALANCE E2 30'	BODYPUMP E2 30'	HYROXWOD BOX 30'	VIRTUAL CYCLING E1 30'	
13:00	CYCLING E1 45'	BODYATTACK TOS 30'		RPM E1 45'			
13:15					3B E2 30'		
13:15					RPM E1 30'		
13:30	BODYBALANCE E2 30'						VIRTUAL CYCLING E1 30'
14:00	VIRTUAL CYCLING E1 30'						
15:00			VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'	
15:30		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
16:00	VIRTUAL CYCLING E1 30'					ABS TOS 15'	
17:00			HYROXWOD BOX 30'				
17:00			VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
17:00		ABS TOS 15'	ABS TOS 15'	ABS TOS 15'			
17:30	ABS TOS 15'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
17:45	POWERWOD TOS 30'			POWERWOD TOS 30'			
18:00	BODYPUMP E2 45'	ABS TOS 15'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
18:00		BODYPUMP E2 45'	ABS TOS 15'	ABS TOS 15'			
18:15			BODYCOMBAT TOS 45'				
18:30	RPM E1 45'			BODYPUMP E2 45'	FIT MOVES E2 30'		
18:45	ZUMBA TOS 45'						
19:00	HYROXWOD BOX 30'	ABS TOS 15'	ABS TOS 15'		ABS TOS 15'		
19:15		ZUMBA E2 45'	BODYPUMP E2 45'	CYCLING E1 45'	DANCE MOVES E2 45'		
19:30	CYCLING E1 30'	VIRTUAL CYCLING E1 30'	CYCLING E1 45'	ZUMBA E2 45'	CYCLING E1 45'		
19:30	3B E2 30'	BODYCOMBAT TOS 45'		BODYATTACK TOS 45'			
19:45	BODYATTACK TOS 45'						
20:00			ABS TOS 45'		ABS TOS 15'		
20:15		HYROXWOD BOX 30'			BODYCOMBAT E2 30'		
20:15	PILATES E2 45'	PILATES E2 45'					
20:30		DANCE MOVES TOS 30'	PILATES E2 45'	PILATES E2 45'			
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
21:30				VIRTUAL CYCLING E1 30'			

Adesão Iberia 1,90€/MÊS

Adesão Zone 2,90€/MÊS

Adesão Club 3,90€/MÊS

### ÁGUA VITAMINADA

**HUT20**

SEM AÇÚCARES 3 SABORES DIFERENTES SEM CALORIAS

\*Inclui 1 litro de água vitaminada por dia, com a possibilidade de receber até um refil de 0,5l por recarga, com um intervalo de 30 minutos. Garrafa não incluída. Oferta válida até 30.03.24. Uso pessoal e intramovível.



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