



# MAPA DE AULAS FITNESS HUT ALFRAGIDE



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	RPM E1 45'	BODYPUMP E2 45'	3B E2 45'	FIT MOVES TOS 30'	CYCLING E2 45'		
07:15							
07:30			CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'			
08:30	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'		
09:30						YOGA E2 45'	
10:00	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	RPM E1 45'	LES MILLS CORE E2 45'
10:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		CYCLING VIRTUAL E1 30'
11:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	LES MILLS CORE E2 30'	BODYCOMBAT TOS 45'
11:00							CYCLING VIRTUAL E1 30'
11:30	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'		
11:45						BODYPUMP E2 45'	
12:00						CYCLING VIRTUAL E1 30'	
12:15	BODYPUMP E2 45'				3B E2 45'		
12:30		PILATES E2 45'	FIT MOVES E2 45'	POWERWOD TOS 30'			CYCLING VIRTUAL E1 30'
12:30		BODYATTACK TOS 45'					
12:45	POWERWOD TOS 30'	CYCLING E1 45'	RPM E1 45'	BODYPUMP E2 45'	CYCLING E1 45'		
13:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	CYCLING VIRTUAL E1 30'	
13:00				RPM E1 45'			
13:15	RPM E1 30'			BODYATTACK TOS 45'			
13:15	FIT MOVES E2 45'				PILATES E2 45'		
13:30		3B E2 30'	LES MILLS CORE E2 30'				CYCLING VIRTUAL E1 30'
14:00							
15:00	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	
17:00	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
17:15		YOGA E2 45'					
18:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	CYCLING VIRTUAL E1 30'	
18:00				3B E2 45'	LES MILLS CORE E2 30'		
18:15	BODYPUMP E2 30'	3B E2 30'	BODYPUMP E2 45'	RPM E1 30'			
18:15	DANCE MOVES TOS 45'						
18:45		CYCLING E1 45'			RPM E1 45'		
18:45					3B E2 45'		
19:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
19:00	RPM E1 45'	BODYPUMP E2 45'	RPM E1 45'	LES MILLS CORE E2 30'			
19:00	LES MILLS CORE E2 30'			DANCE MOVES TOS 45'			
19:15	BODYCOMBAT TOS 45'		BODYATTACK E2 45'	RPM E1 45'			
19:15			BODYCOMBAT TOS 45'				
19:30							
19:45	3B E2 30'	RPM E1 30'		YOGA E2 45'	BODYPUMP E2 45'		
20:00	CYCLING E1 30'	PILATES E2 45'					
20:15	POWERWOD TOS 30'		POWERWOD TOS 30'				
21:00	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL E1 30'	CYCLING VIRTUAL 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 possibilidade de escolher até um adicional de 0,5l por recarga, com um intervalo de 30 minutos. Garrafa não incluída. Oferta válida até 30.03.24. Uso pessoal e intranmissível.



- > 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