



# MAPA DE AULAS FITNESS HUT AMADORA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00							
07:15	BODYPUMP E2 45'	FIT MOVES TOS 45'	CYCLING E1 45'	YOGA E2 45'	BODYATTACK TOS 45'		
07:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:15						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'	FIT MOVES TOS 45'	
10:00			POWERWOD TOS 30'				ABS TOS 15'
10:15						GAP E1 30'	VIRTUAL CYCLING E1 30'
10:30		BODYBALANCE E2 45'		PILATES E2 45'			
11:00	POWERWOD TOS 30'			FIT MOVES TOS 30'	POWERWOD TOS 30'	BODYPUMP E1 30'	ABS TOS 15'
11:00						ABS TOS 15'	VIRTUAL CYCLING E1 30'
11:30			VIRTUAL CYCLING E1 30'			STRETCHING E2 45'	
12:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
12:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'		
12:15			VIRTUAL CYCLING E1 30'				
12:45							VIRTUAL CYCLING E1 30'
13:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'
13:00	BODYPUMP E2 45'	BODYATTACK E2 45'					
13:15			CYCLING E1 45'	BODYPUMP E2 30'	CYCLING E1 45'		
13:30						VIRTUAL CYCLING E1 30'	
14:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
14:30	VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'			
15:00		VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'		
15:30			VIRTUAL CYCLING E1 30'				
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'			
17:00	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
17:15		VIRTUAL CYCLING E1 30'					
17:45		PILATES E2 45'	STRETCHING E2 45'	BODYSTEP E2 45'	BODYPUMP E2 45'	VIRTUAL CYCLING E1 30'	
17:45			FIT MOVES TOS 45'		POWERWOD TOS 30'		
18:00	FIT MOVES TOS 30'		ABS TOS 15'	ABS TOS 15'			
18:00	BODYPUMP E2 30'						
18:15		GAP TOS 30'					
18:30		CYCLING E1 45'	CYCLING E1 30'	CYCLING E1 45'	FIT MOVES TOS 45'		
18:30							
18:45	BODYSTEP E2 30'	BODYPUMP E2 45'	BODYSTEP E2 45'	GAP E2 30'	CYCLING E1 45'		
18:45	BODYATTACK TOS 45'		GAP TOS 30'	FIT MOVES TOS 45'	3B E2 30'		
18:45							
19:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
19:00		POWERWOD TOS 30'					
19:15			RPM E1 45'				
19:30	CYCLING E1 30'			CYCLING E1 30'			
19:30	3B E2 30'			FIT MOVES E2 30'	BODYBALANCE E2 45'		
19:30	ZUMBA TOS 45'						
19:45							
19:45		BODYATTACK TOS 45'	ZUMBA TOS 45'	BODYATTACK TOS 45'			
20:05	YOGA E2 45'	VIRTUAL CYCLING E1 30'	YOGA E2 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
20:30	VIRTUAL CYCLING E1 30'	FIT MOVES TOS 30'	VIRTUAL CYCLING E1 30'				
21:00				VIRTUAL CYCLING E1 30'			
21:15		VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'		
21:30			VIRTUAL CYCLING E1 30'				
21:45	VIRTUAL CYCLING E1 30'						

Adesão Iberia 1,90€/MÊS

Adesão Zone 2,90€/MÊS

Adesão Club 3,90€/MÊS

**ÁGUA VITAMINADA**

SEM AÇÚCARES

3 SABORES DIFERENTES

SEM CALORIAS

**HUT20**

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



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