



MAPA DE AULAS FITNESS HUT SANTOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
07:00	BODYATTACK E2 45'	GAP E2 30'	BODYPUMP E2 45'	CYCLING E1 45'	BODYPUMP E2 45'		
07:15		FIT MOVES E2 45'		FIT MOVES E2 45'			
08:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
08:00	BODYPUMP E2 30'	BODYSTEP E2 30'	RPM E1 30'				E245'
09:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
09:15	BODYBALANCE E2 45'		3B E1 45'	PILATES E2 45'			
09:30		YOGA E2 45'			YOGA E2 45'	BODYPUMP E2 45'	
10:00							PILATES E2 45'
10:30						FIT MOVES TOS 45'	
10:30						BODYSTEP E2 45'	
11:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		BODYSTEP E2 45'
11:30						GAP E2 45'	
12:15	BODYSTEP E2 45'						
12:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	POWERWOD TOS 30'		
12:45				RPM E1 30'			
12:45				BODYATTACK E2 30'			
13:00	BODYPUMP E2 45'	RPM E1 45'	FIT MOVES TOS 30'		BODYATTACK E2 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
13:00							
13:15	RPM E1 45'	BODYATTACK TOS 45'	3B E2 45'		RPM E1 45'		
13:15		PILATES E2 45'					
13:30	POWERWOD TOS 30'		POWERWOD TOS 30'	BODYPUMP E2 30'			
13:30				ZUMBA TOS 30'			
15:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	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'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
17:15							
17:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
18:00		BODYPUMP E2 45'		FIT MOVES TOS 30'	3B E2 45'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
18:15	HYROKWOD TOS 30'	POWERWOD TOS 30'		RPM E1 30'			
18:15	3B E2 45'		3B E2 30'				
18:30			HYROKWOD TOS 30'	POWERWOD TOS 30'	HYROKWOD TOS 30'		
19:00	FIT MOVES TOS 30'	FIT MOVES E2 45'	RPM E1 45'	BODYPUMP E2 45'			
19:00	RPM E1 45'						
19:00	ZUMBA E2 45'	BODYATTACK E2 45'	BODYPUMP E2 45'	ZUMBA E2 45'			
19:10							
19:30	POWERWOD TOS 30'	BODYSTEP E2 30'					
19:30		RPM E1 45'					
19:30	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
20:00	BODYPUMP E2 45'	BODYBALANCE E2 45'	FIT MOVES E2 45'	BODYATTACK E2 45'			
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
20:00							
20:15							
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 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 mês de água vitaminada por dia, com possibilidade de escolher 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 intransferível.



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 OU APP