

# MAPA DE AULAS

## FITNESSHUT VISEU



FECHA INICIO: 01/04

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00							
07:15	VIRTUAL CYCLING E1 30'	RPM E1 45'	BODYPUMP E2 45'	RPM E1 45'	VIRTUAL CYCLING E1 30'		
07:15		VIRTUAL CYCLING E1 30'					
08:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
09:15	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'
09:00					ABS		
10:00							VIRTUAL CYCLING E2 45'
10:00	ABS	ABS	ABS				
10:00	BODYPUMP E2 45'		3B TOS 45'	YOGA E2 45'	ZUMBA OUT 45'	RPM E1 45'	
10:15		BODYATTACK TOS 30'					
11:00	PILATES E2 30'	RPM E1 45'	POWERWOD TOS 30'	BODYCOMBAT TOS 30'	HYROXWOD BOX 30'	LES MILLS CORE E2 30'	
11:00							VIRTUAL CYCLING E2 45'
12:00						VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
12:15	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
13:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
15:15	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:00							
16:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	
17:00			ABS		ABS		
17:30	BODYATTACK TOS 30'						
17:45		ZUMBA E2 30'	BODYSTEP E2 30'				
18:00	ABS			3B TOS 30'			
18:00		BODYPUMP E2 45'	BODYPUMP E2 30'				
18:15				RPM E1 45'	PILATES E2 30'		
18:15	BODYSTEP TOS 30'						
18:30	BODYPUMP E2 45'	LES MILLS CORE TOS 30'		HYROXWOD BOX 30'	BODYSTEP TOS 45'		
18:45		RPM E1 45'	HUT RUNNERS OUT 45'	PILATES E2 45'			
18:45			ZUMBA E2 30'				
19:00	ABS			ABS			
19:00	HYROXWOD BOX 30'						
19:00	3B TOS 30'	YOGA E2 45'	BODYATTACK TOS 45'		BODYCOMBAT E2 45'		
19:15				FIT MOVES TOS 30'	RPM E1 30'		
19:30	RPM E1 45'	POWERWOD TOS 30'	BODYCOMBAT TOS 30'		BODYATTACK TOS 30'		
19:45	PILATES E2 45'		RPM E1 45'	BODYPUMP E2 45'			
20:00	ZUMBA TOS 45'	BODYCOMBAT E2 30'	LES MILLS CORE TOS 30'	BODYATTACK TOS 45'	BODYPUMP E2 45'		
20:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		



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