



# MAPA DE AULAS

## FITNESS HUT ARCO DO CEGO



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00							
07:15	BODYPUMP	RPM	3B	PILATES	BODYCOMBAT		
07:45			CYCLING				
08:00							
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:45							
10:00	PILATES	STRETCHING		PILATES			
10:00		ABS		ABS		BODYPUMP	BODYPUMP
10:30					LES MILLS CORE	STRETCHING	
11:00							BODYATTACK
11:15						BODYCOMBAT	
12:00							
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:45	RPM	FIT MOVES	3B	3B	STRETCHING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	BODYPUMP						
13:15		BODYATTACK	BODYSTEP	BODYPUMP	DANCE MOVES		
13:15							
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
16:45						BODYPUMP	
17:15			BODYPUMP			BODYSTEP	
17:30	BODYPUMP						
17:30	3B	LES MILLS CORE	LES MILLS CORE				
17:45			BODYATTACK	3B			
18:00		STRETCHING					
18:00		DANCE MOVES	DANCE MOVES	ZUMBA	BODYPUMP		
18:15	STRETCHING						
18:15	BODYATTACK						
18:30			CYCLING	STRETCHING			
18:45			BODYPUMP		BODYATTACK		
19:00	BODYPUMP	BODYSTEP					
19:00			ABS	ABS			
19:15	CYCLING	3B		BODYATTACK		ABS	
19:30	ABS	ABS	BODYCOMBAT			PILATES	
19:30		RPM					
20:00	BODYCOMBAT	YOGA	PILATES	YOGA			
20:00				BODYCOMBAT			
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:45							

## DÁ O SALTO E MARCA A DIFERENÇA



### E MUITO MAIS...

Faz upgrade para a **Adesão Iberia** na tua área de cliente (app ou web) e disfruta de todas **vantagens**

