

MAPA DE AULAS

FITNESSHUT AVEIRO



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

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**.



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