



MAPA DE AULAS FITNESS HUT LUMIAR



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	RPM	E1 45' VIRTUAL CYCLING	E1 30' CYCLING	E1 45' VIRTUAL CYCLING	E1 30' VIRTUAL CYCLING		
07:15		E2 45' BODYPUMP		E2 45' YOGA	E2 45' GAP		
08:00							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:15						BODYBALANCE	
10:00		ABS		ABS			
10:00	YOGA	PILATES		PILATES			BODYPUMP
10:15						BODYPUMP	
10:30							
11:00	ABS		ABS				BODYATTACK
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	RPM	
11:30							
12:00							
12:15							CYCLING
12:45	BODYPUMP	CYCLING	BODYPUMP	HYROXWOD	BODYPUMP		
13:00							
13:30							
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
14:30							
15:00							
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00							
17:30	GAP	BODYBALANCE	BODYPUMP	3B	BODYBALANCE		
18:00	CYCLING	BODYCOMBAT		CYCLING			
18:00	ABS		ABS	ABS			
18:30	BODYBALANCE	3B	RPM	BODYBALANCE	CYCLING		
18:45	POWERWOD	BODYATTACK	BODYCOMBAT		BODYCOMBAT		
19:00			ABS				
19:15		ZUMBA		CYCLING			
19:30	HYROXWOD	RPM	HYROXWOD	POWERWOD			
19:30	BODYPUMP	POWERWOD	BODYPUMP	ZUMBA	BODYPUMP		
19:45							
20:00	ABS	ABS	ABS	ABS			
20:15		BODYBALANCE					
20:20	CYCLING		CYCLING	BODYATTACK			
20:30							
20:45							
21:00							
21:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30							
21:30							
21:30							
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**.



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