



MAPA DE AULAS

FITNESSHUT CASCAIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	BODYPUMP	RPM	BODYPUMP	CYCLING	HYROXWOD		
08:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
08:00	ABS	ABS	ABS	ABS			
08:15		VIRTUAL CYCLING		VIRTUAL CYCLING			
09:00	BODYCOMBAT	BODYPUMP	BODYSTEP	BODYPUMP	RPM		
09:00	ABS		ABS				
09:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
09:30						VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	3B	HYROXWOD	3B	BODYATTACK			
10:00		ABS		ABS			
10:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
10:30	PILATES	BODYBALANCE	PILATES	YOGA	BODYBALANCE	BODYPUMP	RPM
10:30						VIRTUAL CYCLING	
11:00	ZUMBA		ZUMBA				
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:30						CYCLING	BODYPUMP
11:30						PILATES	
12:00							VIRTUAL CYCLING
12:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30						STRETCH	
13:00	BODYPUMP	ABS	BODYPUMP	ABS	3B		VIRTUAL CYCLING
13:15	VIRTUAL CYCLING	BODYCOMBAT	VIRTUAL CYCLING	RPM	VIRTUAL CYCLING		
14:00							
15:00							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
18:00	BODYSTEP	YOGA					
18:00		ABS		ABS			
18:15	3B	BODYPUMP	BODYSTEP	3B			
18:30	RPM		GAP	BODYPUMP	BODYCOMBAT		
19:00	ZUMBA	BODYATTACK	BODYCOMBAT	ZUMBA	RPM		
19:00	ABS		ABS				
19:15		PILATES	BODYBALANCE	POWERWOD	BODYPUMP		
19:15	HYROXWOD	RPM	HYROXWOD	RPM			
19:30	BODYPUMP		RPM				
20:00	BODYCOMBAT	DANCE	BODYPUMP	YOGA			
20:00		POWERWOD		HYROXWOD			
20:30		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
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	DANÇA
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.FITNESSHUT.PT OU APP