



MAPA DE AULAS FITNESS HUT SANTOS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:00	BODYATTACK	3B	BODYPUMP	CYCLING	BODYPUMP		
07:15		FIT MOVES		FIT MOVES			
08:00	ABS	ABS	ABS	ABS	ABS		
08:00	BODYPUMP	HYROXWOD	RPM				E245'
09:00	ABS	ABS	ABS	ABS	ABS		
09:15	BODYBALANCE		3B	PILATES			
09:30		YOGA			YOGA	BODYPUMP	
10:00							PILATES
10:30						FIT MOVES	
10:30						BODYSTEP	
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		BODYSTEP
11:30						GAP	
12:15	BODYSTEP						
12:30	ABS	ABS	ABS	ABS	POWERWOD		
12:45				RPM			
12:45				BODYATTACK			
13:00	BODYPUMP	RPM	FIT MOVES		BODYATTACK	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00							
13:15	RPM	BODYATTACK	3B		CYCLING		
13:15		PILATES					
13:30	POWERWOD		POWERWOD	BODYPUMP			
13:30				ZUMBA			
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:15							
17:30	ABS	ABS	ABS	ABS	ABS		
18:00		BODYPUMP		FIT MOVES	3B	VIRTUAL CYCLING	VIRTUAL CYCLING
18:15	HYROXWOD	POWERWOD		RPM			
18:15	3B		3B				
18:30			HYROXWOD	POWERWOD	HYROXWOD		
19:00	FIT MOVES	FIT MOVES	RPM	BODYPUMP			
19:00	RPM						
19:00	ZUMBA	BODYATTACK	BODYPUMP	ZUMBA			
19:10							
19:30	POWERWOD	BODYSTEP					
19:30		RPM					
19:30	ABS	ABS	ABS	ABS	ABS		
20:00	BODYPUMP	BODYBALANCE	FIT MOVES	BODYATTACK			
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:00							
20:15							
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	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 RAZOES EXTERNAS.
- > O USO DE TOALHA É OBRIGATORIO.
- > 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