



MAPA DE AULAS

FITNESSHUT PARQUE DAS NAÇÕES



DATA INICIO: 01/10

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00		CYCLING E1 30'			POWERWOD TOS 30'		
07:15	BODYPUMP E2 45'		BODYCOMBAT E2 45'	BODYATTACK E2 45'			
07:30		BODYPUMP E2 30'			3B E2 30'		
09:00	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		
10:00							
10:15	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	BODYPUMP E2 45'	
10:30							
11:00						VIRTUAL CYCLING E1 45'	
11:15						BODYCOMBAT TOS 45'	
11:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		
12:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	
12:00						VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'
12:15						3B E2 45'	
12:45	BODYATTACK E2 45'	FIT MOVES E2 30'	BODYPUMP E2 45'	CYCLING E1 30'	BODYCOMBAT E2 45'		
13:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		VIRTUAL CYCLING E1 45'
13:15		POWERWOD TOS 30'		STRETCHING E2 30'			
13:30	VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		
14:00		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'	
15:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	
16:30						BODYPUMP E2 45'	
17:00	ABS TOS 15'			ABS TOS 15'			
17:00	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'	
17:30						BODYATTACK E2 30'	
18:00	YOGA E2 45'	ABS TOS 15'	POWERWOD TOS 30'	YOGA E2 45'	ABS TOS 15'	VIRTUAL CYCLING E1 45'	
18:15							
18:15	CYCLING E2 45'	3B TOS 30'			CYCLING E1 45'		
18:15				BODYCOMBAT TOS 45'			
18:30	FIT MOVES TOS 45'		BODYPUMP E2 45'	CYCLING E1 45'			
18:45			CYCLING E1 30'				
19:00	BODYPUMP E2 45'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'			
19:00		BODYATTACK TOS 45'					
19:15					CYCLING E1 45'		
19:15		ZUMBA E2 45'		3B TOS 45'	FIT MOVES TOS 45'		
19:30	CYCLING E1 45'		CYCLING E1 30'	BODYPUMP E2 45'	PILATES E2 45'		
19:30	ZUMBA TOS 45'		PILATES E2 45'				
20:00	ABS TOS 15'	BODYCOMBAT TOS 45'			ABS TOS 15'		
20:15				BODYATTACK TOS 30'			
20:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		
20:30	VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 45'		VIRTUAL CYCLING E1 45'	VIRTUAL CYCLING E1 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**.



TODDA 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