



MAPA DE AULAS

FITNESSHUT LEIRIA



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00		3B	BODYPUMP	FIT MOVES	CYCLING		
07:15							
07:30							
07:45							
08:00							
08:15							E245'
08:30							
09:30		VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
09:45							
10:00						ABS	
10:15	YOGA	3B				POWERWOD	BODYPUMP
10:30	VIRTUAL CYCLING		PILATES	BODYPUMP			
10:45							
11:00	ABS			ABS	ABS	CYCLING	
11:15		ABS					
11:30			ABS				
11:45							VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
12:30						VIRTUAL CYCLING	
12:45				VIRTUAL CYCLING			VIRTUAL CYCLING
13:00	ABS	ABS	ABS				
13:15							
14:30							
14:30		VIRTUAL CYCLING		VIRTUAL CYCLING			
15:00		ABS	ABS				
15:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	ABS						
17:00	VIRTUAL CYCLING					VIRTUAL CYCLING	
17:15	ABS	ABS	ABS	ABS	ABS		
17:30				VIRTUAL CYCLING			
17:45		BODYPUMP	BODYBALANCE	HYROXWOD			
18:00	BODYBALANCE		POWERWOD	PILATES	HYROXWOD		
18:15	CYCLING	FIT MOVES		POWERWOD	3B		
18:30		CYCLING			FIT MOVES		
18:45	HYROXWOD	DANÇAS	BODYCOMBAT				
19:00	BODYPUMP	BODYCOMBAT	CYCLING	BODYCOMBAT	CYCLING		
19:05							
19:15	POWERWOD	HYROXWOD		3B	BODYPUMP		
19:30	CYCLING		PILATES				
19:45							
19:50							
20:00	BODYCOMBAT		VIRTUAL CYCLING	DANÇAS			
20:15	3B	BODYBALANCE			YOGA		
20:30		VIRTUAL CYCLING					
20:45							
21:00	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING			
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**

