



MAPA DE AULAS FITNESS HUT OLIVAIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:10							
07:15	BODYPUMP E2 30'	CYCLING E1 30'	CYCLING E1 30'	BODYPUMP E2 30'			
08:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
09:30				POWERWOD TOS 30'			
10:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		VIRTUAL CYCLING E1 30'
10:00		STRETCHING E2 30'		PILATES E2 30'	BODYPUMP E2 30'	VIRTUAL CYCLING E1 30'	
10:15	CYCLING E1 30'					FIT MOVES OUT 30'	
11:00			STRETCHING E2 30'				
11:00			FIT MOVES OUT 30'		VIRTUAL CYCLING E1 30'		
11:15						BODYPUMP E2 30'	CYCLING E1 30'
11:30	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'					
12:00				VIRTUAL CYCLING E1 30'		CYCLING E1 30'	BODYPUMP E2 30'
12:45	BODYPUMP E2 30'	CYCLING E1 30'	ZUMBA E2 30'				
13:00				BODYPUMP E2 30'	CYCLING E1 30'		
14:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
14:00		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
15:00	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
16:00		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
16:30	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		
17:00						VIRTUAL CYCLING E1 30'	
17:30		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
18:00		ZUMBA OUT 45'	BODYCOMBAT TOS 30'				
18:15				BODYPUMP E2 30'	CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
18:15	BODYPUMP E2 30'	BODYPUMP E2 30'		CYCLING E1 30'			
18:30	CYCLING E1 30'						
18:45			PILATES E2 30'				
19:00	BODYATTACK TOS 30'	BODYCOMBAT E2 30'	CYCLING E1 30'	BODYATTACK TOS 30'	BODYPUMP E2 30'		
19:15	3B E2 30'						
19:30				GAP E2 30'			
19:45	CYCLING E1 30'	POWERWOD TOS 30'					
19:45		CYCLING E1 30'	BODYPUMP E2 30'				
20:15		STRETCHING E2 30'					
20:45	VIRTUAL CYCLING E1 30'				VIRTUAL CYCLING E1 30'		

DÁ O SALTO E MARCA A DIFERENÇA



+100 CLUBES



RESERVA



ACESSO ILIMITADO

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