



MAPA DE AULAS

FITNESS HUT AVENIDA DE ROMA



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



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