



MAPA DE AULAS

FITNESSHUT CACÉM



DATA INICIO: 02/09

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45			BODYPUMP		3B		
07:00	BODYPUMP	CYCLING		CYCLING			
07:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL PUMP	VIRTUAL CYCLING		
09:00	BODYBALANCE	BODYPUMP	HYROXWOD	GAP		VIRTUAL PUMP	VIRTUAL PUMP
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	BODYATTACK	ZUMBA	PILATES	BODYBALANCE	BODYPUMP	CYCLING	CYCLING
10:00		ABS	ABS	ABS	ABS		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00	ABS					BODYPUMP	3B
11:00	VIRTUAL PUMP			VIRTUAL PUMP		VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING					PILATES	VIRTUAL PUMP
12:00						VIRTUAL CYCLING	VIRTUAL CYCLING
12:30		VIRTUAL CYCLING	HBX BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30	CYCLING	HYROXWOD	POWERWOD	GAP	HYROXWOD		
13:00						VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	BODYPUMP	BODYATTACK	CYCLING	HBX BOXING	BODYPUMP		
13:30		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:00			ABS	ABS	ABS		
16:00						VIRTUAL PUMP	
17:00	PUMP HYBRID	VIRTUAL PUMP	ABS	ABS	PUMP HYBRID	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
18:00	3B	PILATES	BODYPUMP	HBX BOXING	CYCLING		
18:00	ABS	ABS	ABS	ABS	ZUMBA		
18:15				HYROXWOD			
18:30	HYROXWOD						
18:30	VIRTUAL CYCLING	CYCLING	CYCLING				
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	PILATES	BODYPUMP	ZUMBA	BODYBALANCE	BODYATTACK		
19:30	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING			
20:00	BODYPUMP	ZUMBA	BODYATTACK	BODYPUMP	PILATES		
20:00					VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING	VIRTUAL CYCLING				
21:00	GAP		HBX BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				




DESCUBRA AS NOVAS

COREOGRAFIAS

IBERCISE

 VEM TREINAR COM LUVAS



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

*Consulta as condições na tua área de cliente.