



MAPA DE AULAS FITNESS HUT PICOAS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00					CYCLING		
07:15	BODYPUMP	CYCLING	BODYPUMP	RPM			
07:15	VIRTUAL CYCLING						
07:30					LES MILLS CORE		
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30							VIRTUAL CYCLING
10:00						RPM	
10:15							
10:30					PILATES		
10:30	POWERWOD	FIT MOVES	FIT MOVES	POWERWOD	FIT MOVES		YOGA
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
11:00	ABS	ABS	ABS	ABS	ABS	BODYPUMP	ABS
11:15							
12:00			PILATES		VIRTUAL CYCLING	ABS	VIRTUAL CYCLING
12:15	BODYPUMP	CYCLING		PILATES	FIT MOVES	VIRTUAL CYCLING	
12:15		BODYPUMP	POWERWOD				
12:30	VIRTUAL CYCLING	POWERWOD		CYCLING	3B		
12:45			CYCLING		CYCLING		
13:00	PILATES		3B	DANCE MOVES			
13:00							
13:15	RPM	LES MILLS CORE	BODYPUMP	STRETCHING	LES MILLS CORE		
13:15	FIT MOVES				PILATES		
13:30	3B		VIRTUAL CYCLING	VIRTUAL CYCLING			
14:00					ABS	ABS	
15:00						VIRTUAL CYCLING	
18:00	3B	ABS	BODYPUMP				
18:00	VIRTUAL CYCLING	RPM					
18:15		BODYPUMP			VIRTUAL CYCLING		
18:15		YOGA	VIRTUAL CYCLING	YOGA			
18:30					LES MILLS CORE		
18:45	LES MILLS CORE						
19:00	CYCLING	VIRTUAL CYCLING	DANCE MOVES	ABS			
19:00	ABS		YOGA	RPM	ABS		
19:15		FIT MOVES		FIT MOVES	3B		
19:30							
19:30	FIT MOVES			BODYPUMP			
20:00	ABS	PILATES	ABS				
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:00	PILATES	ABS		ABS			

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