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MAPA DE AULAS  
FITNESS HUT LINDA-A-VELHA

| INICIO | SEG      |                 | TER      |                 | QUA      |                 | QUI      |                 | SEX      |                 | SÁB             |                 | DOM             |                 |
|--------|----------|-----------------|----------|-----------------|----------|-----------------|----------|-----------------|----------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00  | HYROXWOD | RPM             | POWERWOD | VIRTUAL CYCLING | HYROXWOD | CYCLING         | POWERWOD | VIRTUAL CYCLING | BODYPUMP | VIRTUAL CYCLING |                 |                 |                 |                 |
| 07:00  |          |                 |          | 3B              |          |                 |          |                 |          |                 |                 |                 |                 |                 |
| 07:00  |          |                 |          |                 |          |                 |          |                 |          |                 |                 |                 |                 |                 |
| 08:00  |          |                 |          |                 |          | PILATES         |          |                 |          |                 |                 |                 |                 |                 |
| 08:00  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 09:00  |          | ABS             |          | ABS             |          | ABS             |          | ABS             |          | ABS             |                 |                 |                 |                 |
| 09:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING | VIRTUAL CYCLING | BODYBALANCE     | VIRTUAL CYCLING | ZUMBA           |
| 10:00  |          |                 |          |                 |          |                 |          |                 |          |                 |                 |                 |                 |                 |
| 10:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 11:00  |          | ABS             |          | ABS             |          | ABS             |          | ABS             |          | ABS             | 3B              | VIRTUAL CYCLING | YOGA            | VIRTUAL CYCLING |
| 11:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 12:15  |          | RPM             |          | VIRTUAL CYCLING |          |                 |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 12:15  |          | 3B              |          | PILATES         |          |                 |          | BODYBALANCE     |          | PILATES         |                 |                 |                 |                 |
| 12:30  |          |                 |          |                 |          | CYCLING         |          |                 |          |                 |                 |                 |                 |                 |
| 13:00  |          | ZUMBA           |          |                 |          |                 |          | BODYATTACK      |          |                 |                 |                 | VIRTUAL CYCLING |                 |
| 13:00  |          | POWERWOD        |          |                 |          | POWERWOD        |          |                 |          | HYROXWOD        |                 |                 |                 |                 |
| 13:15  |          |                 |          | LES MILLS CORE  |          | BODYPUMP        |          | 3B              |          |                 |                 |                 |                 |                 |
| 13:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 14:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 15:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 16:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 17:00  |          | ABS             |          | ABS             |          | ABS             |          | ABS             |          | ABS             |                 |                 |                 |                 |
| 17:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 18:00  |          | ABS             |          | ABS             |          | ABS             |          | ABS             |          | ABS             |                 |                 |                 |                 |
| 18:00  |          |                 |          | ZUMBA           |          | 3B              |          |                 |          | BODYPUMP        | VIRTUAL CYCLING |                 |                 |                 |
| 18:15  |          | BODYPUMP        |          |                 |          |                 |          | BODYBALANCE     |          |                 |                 |                 |                 |                 |
| 18:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 18:30  |          |                 |          | HYROXWOD        |          | POWERWOD        |          | HYROXWOD        |          |                 |                 |                 |                 |                 |
| 18:45  |          |                 |          |                 |          | BODYPUMP        |          |                 |          |                 |                 |                 |                 |                 |
| 19:00  |          | ABS             |          | ABS             |          | ABS             |          | ABS             |          | ABS             |                 |                 |                 |                 |
| 19:00  |          | POWERWOD        |          | BODYBALANCE     |          |                 |          | CYCLING         |          | DANCE MOVES     |                 |                 |                 |                 |
| 19:15  |          | RPM             |          | CYCLING         |          | VIRTUAL CYCLING |          | YOGA            |          |                 | VIRTUAL CYCLING |                 |                 |                 |
| 19:15  |          | YOGA            |          | BODYCOMBAT      |          | BODYATTACK      |          | BODYCOMBAT      |          |                 |                 |                 |                 |                 |
| 19:45  |          |                 |          |                 |          | PILATES         |          |                 |          |                 |                 |                 |                 |                 |
| 20:00  |          | BODYATTACK      |          |                 |          | HYROXWOD        |          |                 |          | PILATES         |                 |                 |                 |                 |
| 20:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |
| 20:15  |          | 3B              |          | LES MILLS CORE  |          |                 |          | LES MILLS CORE  |          |                 |                 |                 |                 |                 |
| 21:15  |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |          | VIRTUAL CYCLING |                 |                 |                 |                 |



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](http://WWW.FITNESSHUT.PT) OU APP