

# MAPA DE AULAS

#FHCACÉM



FEVEREIRO

EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E2	07,15 / 07:45	BODYPUMP	CROSS MOVES (V)	BODYPUMP	CROSS MOVES (V)	3B		
E1	07,15 / 07:45	BIKE	CYCLING	BIKE	CYCLING	BIKE		
BOX	07,15 / 07:45		HYROXWOD					
E1	08,00 / 08,30	CROSS MOVES (V)	CROSS MOVES (V)	CROSS MOVES (V)	CROSS MOVES (V)	CROSS MOVES (V)		
E2	09,00 / 09,45	BODYBALANCE	BODYPUMP	ZUMBA	3B	V-PILATES		
E1	09,00 / 09,30	BIKE	BIKE	BIKE	BIKE	BIKE		
TOS	09,00 / 09,10		ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES		
TOS	09,30 / 09,40		CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES		
E2	10,00 / 10,45	BODYATTACK	ZUMBA	PILATES MOVES	BODYBALANCE	BODYPUMP	BODYPUMP	
E1	10,00 / 10,30	BIKE	BIKE	BIKE	BIKE	BIKE		CYCLING
TOS	10,00 / 10,10	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES			
TOS	10,30 / 10,40	CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES			
E1	11,00 / 11,45	CYCLING		CYCLING			CYCLING	BIKE
E2	11,00 / 11,30	V-ZUMBA	V-GAP	V-YOGA	CROSS MOVES (V)	CROSS MOVES (V)	CROSS MOVES (V)	3B
TOS	11,00 / 11,10		ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES
TOS	11,30 / 11,40		CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES
TOS	12,00 / 12,10	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES
E2/E1	12,00 / 12,45	V-GAP					PILATES MOVES	BIKE
E1	12,30 / 13,00	BIKE	BIKE	CYCLING	BIKE	BIKE		
E2	12,30 / 13,00		BODYATTACK					
TOS	12,30 / 13,00	POWERWOD						
E2/E1	13,15 / 13,45	V-PILATES	BIKE	BIKE	BIKE			
E2/E1	13,15 / 13,45	CYCLING		BODYPUMP	3B	BODYPUMP		
TOS	13,30 / 13,40	CROSS MOVES	CROSS MOVES		CROSS MOVES	CROSS MOVES		
TOS	14,00 / 14,10	ABS MOVES	ABS MOVES		ABS MOVES	ABS MOVES		
E2	17,00 / 17,45	ALONGAMENTOS	ZUMBA	V-PILATES	V-GAP	V-YOGA	CROSS MOVES (V)	
TOS	17,00 / 17,10	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES		
E1	17,30 / 18,30	BIKE	BIKE	BIKE	BIKE	BIKE	BIKE	
E2	18,00 / 18,30	3B						
TOS	18,00 / 18,10	ABS MOVES	ABS MOVES	ABS MOVES				
E2	18,00 / 18,45		PILATES MOVES	BODYPUMP	ZUMBA	BODYATTACK		
E1	18,30 / 19,15		CYCLING	RPM	CYCLING			
HIIT	18,30 / 19,00	HYROXWOD						
TOS	18,30 / 18,40	CROSS MOVES	CROSS MOVES	CROSS MOVES				
E2/E1	19,00 / 19,45	BODYPUMP	ZUMBA	PILATES MOVES	BODYATTACK	CYCLING		
TOS	19,00 / 19,10	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES	ABS MOVES		
E1	19,30 / 20,15	CYCLING	CYCLING	RPM	CYCLING			
TOS	19,30 / 19,40	CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES	CROSS MOVES		
HIIT	19,45 / 20,15				HYROXWOD			
TOS	20,00 / 20,30			POWERWOD				
E2	20,00 / 20,45	PILATES MOVES	BODYPUMP	ZUMBA	BODYPUMP	PILATES MOVES		
E1	20,30 / 21,00	RPM		RPM				

**ANSIOSO POR UM NOVO DESAFIO?**  
**TREINO FUNCIONAL**  
**HYROX EV POWER WOD**

30 MIN  
750 KCAL

- A FITNESS RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INICIO DA AULA.



DESCARREGUE O HORÁRIO ATRAVÉS DO QR CODE

INDOOR	FITNESS HUT	V-CLASS
OUTDOOR	LES MILLS	OUTRAS

#FHCACEM

RESERVE A SUA VAGA NA ÁREA CLIENTE EM [www.fitnesshut.pt](http://www.fitnesshut.pt) OU APP.