

# MAPA DE AULAS

#FH São Domingos de Rana

01 de Abril a 30 de Abril



EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E1	07,15/ 08,00							
E1	07,15/ 07,45	RPM			RPM			
E2	07,15/ 07,45		BODYPUMP			BODYPUMP		
E2	07,15/ 08,00			BODYBALANCE				
BOX	08,00 / 08,30					HYROXWOD		
E2	08,00 / 08,30	BODYPUMP			BODYPUMP			
E1	08,00 / 08,30		RPM	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
BOX	08,15 / 08,45			HYROXWOD				
E1	09,30 / 10,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	09,30 / 10,15						CYCLING	
E2	10,00 / 10,45						BODYPUMP	
BOX	10,00 / 10,30							
E1	10,30 / 11,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
E2	10,30 / 11,15	BODYBALANCE			PILATES MOVES			
BOX	10,30 / 11,00						HYROXWOD	
E1	11,00 / 11,45							
E1	11,30 / 12,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
E2	11,30 / 12,15						PILATES MOVES	
E2	12,30 / 13,15		BODYPUMP	GAP				
E1	12,30 / 13,15						CYCLING VIRTUAL	CYCLING VIRTUAL
E1	12,30 / 13,15	CYCLING				RPM		
E2	12,45 / 13,30	BODYPUMP						
E1	12,45 / 13,30		RPM	RPM	CYCLING			
E2	13,00 / 13,45							
BOX	13,15 / 13,45			HYROXWOD	HYROXWOD			
BOX	13,30 / 14,00	HYROXWOD						
E2	13,30 / 14,00		BODYBALANCE			BODYPUMP		
E1	14,30 / 15,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	15,30 / 16,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	16,30 / 17,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	18,15 / 19,00	RPM		RPM				
E2	18,15 / 18,45		GAP					
E2	18,15 / 19,00	BODYPUMP			GAP	BODYPUMP		
E1	18,30 / 19,15		RPM		CYCLING	RPM		
E2	18,30 / 19,15			BODYPUMP				
BOX	18,45 / 19,15	HYROXWOD						
E2	19,00 / 19,30		DANCE MOVES					
BOX	19,15 / 19,45		HYROXWOD		HYROXWOD			
E2	19,15 / 19,45	BODYATTACK						
E2	19,15 / 20,00					PILATES MOVES		
E1	19,15 / 20,00			CYCLING				
E2	19,30 / 20,15			BODYATTACK	DANCE MOVES			
E2	19,45 / 20,30		PILATES MOVES					
E2	20,00 / 20,30	GAP						
E1	20,30 / 21,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	21,30 / 22,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

**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 OBRIGATÓRIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.



DESCARREGUE O HORÁRIO ATRAVÉS DO QR CODE

#FH São Domingos de Rana

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