

MAPA DE AULAS

#FHCARCAVELOS



ABRIL								
EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E2	07:15 / 07:45	BODYCOMBAT						
BOX	07:15 / 07:45					HYROXWOD		
E1	07:15 / 07:45	CYCLING (V)	CYCLING (V)	CYCLING (V)		CYCLING (V)		
E2	07:15 / 08:00		BODYPUMP	BODYATTACK				
E1	07:15 / 08:00				RPM			
BOX	07:45 / 08:15	HYROXWOD						
E1	08:00 / 08:30	CYCLING (V)	CYCLING (V)	CYCLING (V)				
E1	08:45 / 09:15	CYCLING (V)		CYCLING (V)	CYCLING (V)	CYCLING (V)		
E2	09:15 / 10:00			BODYBALANCE			YOGA MOVES	BODYBALANCE
E1	09:30 / 10:00	CYCLING (V)		CYCLING (V)	CYCLING (V)	CYCLING (V)		
E2	10:00 / 10:30		GAP		GAP			
E1	10:00 / 10:45						RPM	
TOS	10:15 / 11:00						BODYATTACK	BODYCOMBAT
E2	10:15 / 11:00						DANCE MOVES	
E1	10:15 / 10:45	CYCLING (V)		CYCLING (V)	CYCLING (V)	CYCLING (V)		
E2	11:00 / 11:45		PILATES MOVES		PILATES MOVES			
E2	11:15 / 12:00						BODYPUMP	BODYPUMP
TOS	11:30 / 12:00		POWERWOD					
E1	11:45 / 12:15	CYCLING (V)		CYCLING (V)			CYCLING (V)	CYCLING (V)
E1	12:00 / 12:45				RPM	RPM		
E2	12:15 / 12:45			BODYPUMP				
TOS	12:15 / 12:45				POWERWOD			
BOX	12:15 / 12:45					HYROXWOD		
E2	12:15 / 13:00	BODYPUMP	BODYPUMP					
E1	12:30 / 13:00	CYCLING (V)					CYCLING (V)	CYCLING (V)
BOX	13:00 / 13:30	HYROXWOD						
E2	13:00 / 13:45			BODYCOMBAT	BODYPUMP	BODYPUMP		
TOS	13:15 / 13:45	CYCLING	RPM					
E1	14:00 / 14:30	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	
E1	14:45 / 15:15	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	
E1	15:30 / 16:00	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	
E1	16:15 / 16:45	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)	
E2	16:15 / 16:45		BODYPUMP					
E1	17:00 / 17:30	CYCLING (V)	CYCLING (V)	CYCLING (V)	CYCLING (V)		CYCLING (V)	
E2	17:00 / 17:30		3B		BODYBALANCE			
E2	17:45 / 18:15	3B			3B			
E1	18:00 / 18:45					CYCLING		
E1	18:15 / 18:45			RPM				
E1	18:15 / 19:00	RPM						
E2	18:30 / 19:15	BODYBALANCE		BODYATTACK		BODYCOMBAT		
TOS	18:30 / 19:15	ZUMBA		ZUMBA	ZUMBA	POWERWOD		
E1	18:45 / 19:15				BODYATTACK			
E1	18:45 / 19:30		RPM					
BOX	19:00 / 19:30			HYROXWOD				
E2	19:15 / 20:00		LES MILLS CORE					
E1	19:30 / 20:15	CYCLING						
E2	19:30 / 20:15	BODYCOMBAT		3B	BODYPUMP	BODYBALANCE		
E1	19:45 / 20:30			RPM	RPM			
E1	20:00 / 20:30		RPM					
E2	20:15 / 21:00		PILATES MOVES					
E2	20:30 / 21:15			YOGA MOVES				

LES MILLS
NO TEU CLUBE OU APP
TU ESCOLHES

USUFRUI DESTE SERVIÇO COM A TUA ADESAO ZONE OU IBERIA

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- 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

#FHCARCAVELOS

RESERVE A SUA VAGA NA ÁREA CLIENTE EM www.fitnesshut.pt OU APP.