

MAPA DE AULAS

#FHSINTRA



MAIO

| EST | INÍCIO / FIM | 2ª FEIRA | 3ª FEIRA | 4ª FEIRA | 5ª FEIRA | 6ª FEIRA | SÁBADO | DOMINGO |
|-----------|---------------|---------------------|---------------------|-------------------|-----------------|-------------------|-------------------|-------------------|
| E2 | 06,45 / 07,15 | | BODYPUMP | | | | | |
| E2/E1 | 06,45 / 07,30 | BODYPUMP | | | CYCLING | BODYPUMP | | |
| E1 | 07,00 / 07,45 | CYCLING | | | | CYCLING | | |
| E1/E2 | 07,15 / 07,45 | | CYCLING | | | | | |
| E2 | 07,30 / 08,00 | | | | BODYPUMP | | | |
| TOS/E1 | 08,00 / 08,30 | FITMOVES | CYCLING VIRTUAL | | | | | |
| E2/E1 | 09,00 / 09,30 | | | CYCLING VIRTUAL | | CYCLING VIRTUAL | | |
| E1 | 09,00 / 09,45 | | CYCLING | | CYCLING | | | |
| E2 | 09,15 / 09,45 | | GAP | | | | | |
| E2 | 09,15 / 10,00 | | | | PILATES MOVES | | | |
| E2 | 09,30 / 10,00 | | | BODYPUMP | | | | |
| E1 | 09,30 / 10,15 | RPM | | | | | | |
| E2 | 09,45 / 10,15 | | | | | | | |
| E2/E1 | 10,00 / 10,30 | | | | GAP | | CYCLING VIRTUAL | ZUMBA VIRTUAL |
| E2 | 10,00 / 10,45 | | BODYBALANCE | | | | | |
| E1 | 10,15 / 10,45 | | | RPM | | PILATES MOVES | | |
| E2 | 10,15 / 11,00 | PILATES MOVES | | | | | | |
| TOS/E1 | 10,30 / 11,00 | POWERWOD | | | | | | CYCLING VIRTUAL |
| E2/E1 | 10,30 / 11,15 | | | | | | | |
| E2/E1 | 10,45 / 11,15 | | | | | | | CIRCUITO VIRTUAL |
| E1 | 11,00 / 11,30 | CYCLING VIRTUAL | | | CYCLING VIRTUAL | | | |
| E2 | 11,00 / 11,45 | | | YOGA | CORE VIRTUAL | CYCLING VIRTUAL | ZUMBA | |
| E2/E1 | 11,15 / 11,45 | | PILATES VIRTUAL | | | | | |
| E1 | 11,15 / 12,00 | | | | | | RPM | |
| E2 | 11,30 / 12,00 | STRETCHING VIRTUAL | | | | HIIT ZONE VIRTUAL | | |
| E1/E2 | 11,45 / 12,30 | | | | | | | BODYATTACK |
| E1 | 12,00 / 12,30 | CYCLING VIRTUAL | | | | | | |
| E1 | 12,00 / 12,45 | | CYCLING | CYCLING | | | | |
| E2/E1 | 12,15 / 12,45 | | | | | | | |
| E2 | 12,15 / 13,00 | BODYPUMP | | | CYCLING | | BODYPUMP | |
| E2 | 12,30 / 13,00 | | | | | CYCLING | | |
| TOS | 12,45 / 13,15 | | | | | | | BODYBALANCE |
| E2 | 12,45 / 13,30 | | | | | | | |
| TOS/E1 | 13,00 / 13,30 | | POWERWOD | | POWERWOD | FITMOVES | | |
| E2 | 13,00 / 13,30 | | | | | | | |
| E2 | 13,15 / 13,45 | | | | | | | |
| E1 | 13,15 / 14,00 | RPM | | | | | | |
| E2/E1 | 14,00 / 14,30 | STRETCHING VIRTUAL | CYCLING VIRTUAL | GAP VIRTUAL | | | CYCLING VIRTUAL | |
| E2/E1 | 14,30 / 15,00 | | CIRCUITO VIRTUAL | | | CIRCUITO VIRTUAL | YOGA VIRTUAL | |
| E2 | 14,45 / 15,15 | | | | GAP VIRTUAL | | | |
| E2/E1 | 15,00 / 15,30 | CYCLING VIRTUAL | | CYCLING VIRTUAL | | CYCLING VIRTUAL | | HIIT ZONE VIRTUAL |
| E2/E1 | 15,30 / 16,00 | HIIT ZONE VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL | | CYCLING VIRTUAL | |
| E2 | 16,00 / 16,30 | | GAP VIRTUAL | | CORE VIRTUAL | GAP VIRTUAL | GAP VIRTUAL | GAP VIRTUAL |
| E2/E1 | 16,30 / 17,00 | CROSS MOVES VIRTUAL | | HIIT ZONE VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| E2/E1 | 17,00 / 17,30 | CYCLING VIRTUAL | CROSS MOVES VIRTUAL | CYCLING VIRTUAL | | | CYCLING VIRTUAL | |
| E2/E1 | 17,30 / 18,00 | | CYCLING VIRTUAL | | | CYCLING VIRTUAL | CIRCUITO VIRTUAL | |
| E2 | 17,45 / 18,30 | | | | | | | |
| E1 | 18,00 / 18,30 | | | RPM | | | | |
| E2 | 18,00 / 18,45 | BODYBALANCE | BODYPUMP | | | BODYPUMP | | |
| TOS | 18,15 / 18,45 | | | | POWERWOD | | | |
| TOS | 18,15 / 18,45 | | | | BODYATTACK | | | |
| E1 | 18,30 / 19,00 | FITMOVES | | | | | | |
| TOS | 18,45 / 19,15 | | | | | | | |
| E2/E1 | 18,45 / 19,30 | BODYCOMBAT | | BODYPUMP | CYCLING | RPM | | |
| TOS/E2 | 19,00 / 19,30 | | POWERWOD | | GAP | BODYCOMBAT | HIIT ZONE VIRTUAL | |
| E1/E2 | 19,00 / 19,45 | | RPM | | BODYCOMBAT | | | |
| E2/E1 | 19,15 / 20,00 | CYCLING | PILATES MOVES | | | | | |
| TOS | 19,30 / 20,00 | | | FITMOVES | | | | |
| TOS/E1/E2 | 19,45 / 20,30 | BODYPUMP | | RPM | CYCLING | BODYATTACK | | |
| E2 | 20,00 / 20,30 | | | FITMOVES VIRTUAL | | | | |
| E1/E2 | 20,00 / 20,45 | | | | | | | |
| E2 | 20,15 / 20,45 | | GAP VIRTUAL | | | | | |
| E2 | 20,45 / 21,15 | YOGA VIRTUAL | | | CORE VIRTUAL | | | |



LES MILLS

NO TEU CLUBE OU APP TU ESCOLHES

USUFRUI DESTES SERVIÇO ONLINE COM A TUA ADESÃO ZONE OU IBERIA

▶ DOWNLOAD PARA ANDROID
▶ DOWNLOAD PARA IOS
▶ DOWNLOAD PARA HUAWEI

- 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 INÍCIO DA AULA.



DESCARREGUE O HORÁRIO ATRAVÉS DO QR CODE

- INDOOR
 - FITNESS HUT
 - V-CLASS
- OUTDOOR
 - LES MILLS
 - OUTRAS

#FHSINTRA

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