

MAPA DE AULAS

#FH OLIVAIS



Maio

EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E2	07:10 / 07:40	BODYPUMP			BODYPUMP			
E1	07:15 / 08:00			RPM	BIKE (V)			
E2	07:45 / 08:15				BODYATTACK			
E1	07:45 / 08:15	CYCLING						
E1	08:30 / 09:00	BIKE (V)			BIKE (V)	BIKE (V)		
E2	08:30 / 09:00		GAP (V)	3B				
TOS	09:30 / 10:00	POWERWOD			POWERWOD			
E2	09:30 / 10:15	BODYBALANCE						
E2	10:00 / 10:45		PILATES MOVES		PILATES MOVES	BODYPUMP		YOGA MOVES
E1	10:00 / 10:45			CYCLING				
E1	10:15 / 11:00	CYCLING						
E2	10:15 / 11:00							
TOS	10:15 / 10:45						FIT MOVES	
E2	10:30 / 11:00	PILATES (V)						
E2	11:00 / 11:45			YOGA MOVES			BODYPUMP	
TOS	11:00 / 11:30			FIT MOVES		FIT MOVES		
TOS	11:00 / 11:45						ZUMBA	
E1	11:00 / 11:30					BIKE (V)		CYCLING
E2	11:15 / 11:45							
E2	11:45 / 12:15	GAP (V)						BODYPUMP
E1	12:00 / 12:30					BIKE (V)		
E1	12:00 / 12:45						CYCLING	
E2	12:00 / 12:45						BODYBALANCE	
E2	12:45 / 13:15	BODYPUMP						
E1	12:45 / 13:15		CYCLING					
E2	13:00 / 13:45			3B	BODYPUMP			
E1	13:00 / 13:45					CYCLING		
E1	13:15 / 14:00	RPM		RPM	BIKE (V)			
E2	13:15 / 13:45		BODYCOMBAT					
E2	16:00 / 16:30					GAP (V)		
E1	16:30 / 17:00	BIKE (V)				BIKE (V)		
E2	16:45 / 17:30						BODYPUMP	
TOS	17:30 / 18:00						FIT MOVES	
E1	17:30 / 18:00				BIKE (V)			
E2	18:00 / 18:30				BODYPUMP			
E2	18:00 / 18:45	BODYPUMP	BODYPUMP					
E1	18:00 / 18:45					CYCLING		
TOS	18:00 / 18:45			BODYCOMBAT				
E1	18:15 / 19:00	RPM						
E1	18:15 / 18:45				CYCLING			
E2	18:45 / 19:30			PILATES MOVES				
E2	18:45 / 19:15				BODYCOMBAT	BODYPUMP		
E2	19:00 / 19:45		BODYCOMBAT					
TOS	19:00 / 19:30			FIT MOVES				
TOS	19:00 / 19:45	BODYATTACK			FIT MOVES			
E1	19:00 / 19:45			RPM				
E2	19:15 / 20:00	3B						
TOS	19:30 / 20:00		POWERWOD					
E1	19:30 / 20:15	RPM						
E2	19:30 / 20:00				GAP			
E2	19:30 / 20:15					BODYCOMBAT		
E1	19:45 / 20:30		CYCLING		CYCLING			
E2	19:45 / 20:30			BODYPUMP				
TOS	20:00 / 20:30	ZUMBA	BODYATTACK					
E2	20:00 / 20:45				BODYPUMP			
E2	20:30 / 21:15		BODYBALANCE					
TOS	20:45 / 21:30			FIT MOVES				

LES MILLS
NO TEU CLUBE OU APP
TU ESCOLHES

USUFRUI DESTESERVIÇO ONLINE COM A TUA ADESAO ZONE OU IBERIA

DOWNLOAD PARA ANDROID
 DOWNLOAD PARA IOS
 DOWNLOAD PARA HUAWEI

- A FITNESS RESERVA-SE O DIREITO DE ALTERAR O HORARIO POR RAZOES EXTERNAS.
- O USO DE TOALHA E OBRIGATORIO.
- NAO PODERA ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.



DESCARREGUE O HORARIO ATRAVES DO QR CODE



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