

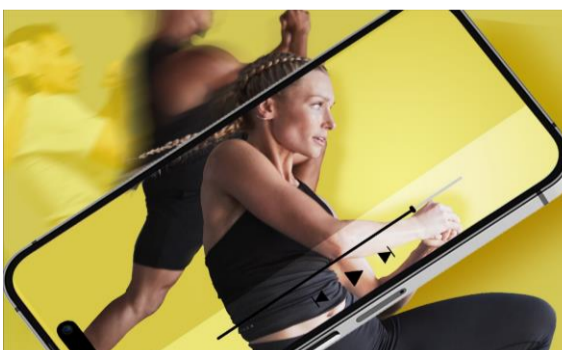
# MAPA DE AULAS

#FHBENFICA



JUNHO

EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E1	07:15 / 07:45		V-CLASS	V-CLASS	V-CLASS	V-CLASS		
E1	08:15 / 08:45	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS		
E2	08:30 / 09:00							
E1	09:15 / 09:45	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS		
E2	09:30 / 10:00				YOGA MOVES			
E2	09:45 / 10:15							CORE
E1	10:00 / 10:30							
E1	10:15 / 10:45	V-CLASS	V-CLASS	V-CLASS	V-CLASS			V-CLASS
E2	10:15 / 10:45						BODYPUMP	
E2	10:30 / 11:00	PILATES MOVES				V-CLASS		BODYATTACK
E1	11:00 / 11:30						RPM	
E2	11:15 / 11:45			V-CLASS		V-CLASS	BODYSTEP	V-CLASS
E1	11:30 / 12:00							
E1	12:15 / 12:45		V-CLASS		V-CLASS			V-CLASS
E3	12:15 / 12:45							
E2	12:15 / 12:45					V-CLASS	BODYBALANCE	
E1	12:30 / 13:00							
E1	13:00 / 13:30	CYCLING	CORE	CYCLING	BODYPUMP	RPM		
E2	13:00 / 13:30		CORE		BODYPUMP			
E1	13:15 / 13:45				V-CLASS		V-CLASS	V-CLASS
E1	13:30 / 14:00							
E1	14:15 / 14:45	V-CLASS	V-CLASS		V-CLASS		V-CLASS	
E2	14:30 / 15:00							
E1	15:15 / 15:45	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS	
E1	15:30 / 16:00							
E1	16:15 / 16:45	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS	V-CLASS	
E2	16:45 / 17:15						BODYPUMP	
E2	17:00 / 17:30	3B	BODYSTEP					
E3	17:00 / 17:30							
E1	17:15 / 17:45		V-CLASS		V-CLASS			
E2	17:30 / 18:00			BODYPUMP		PILATES MOVES		
E1	17:45 / 18:15						CYCLING	
E2	17:45 / 18:15				BODYPUMP			
E3	17:45 / 18:15				CORE			
E2	17:45 / 18:15							
E1	18:00 / 18:30			CYCLING				
E2	18:00 / 18:30		BODYPUMP					
E3	18:00 / 18:30	CORE						
E1	18:00 / 18:30							
E2	18:00 / 18:30	BODYPUMP						
E3	18:00 / 18:30			ZUMBA				
E1	18:15 / 18:45		CYCLING					
E1	18:30 / 19:00	CYCLING				CYCLING		
E2	18:30 / 19:00			PILATES MOVES	BODYSTEP	BODYPUMP		
E2	18:45 / 19:15		BODYBALANCE					
E3	18:45 / 19:15		BODYATTACK					
E1	19:00 / 19:30			CYCLING	CYCLING			
E2	19:00 / 19:30	3B						
E3	19:00 / 19:30	BODYATTACK		CORE				
E1	19:15 / 19:45		CYCLING		BODYPUMP			
E3	19:15 / 19:45				BODYATTACK			
E1	19:30 / 20:00	RPM				CYCLING		
E2	19:30 / 20:00			BODYSTEP				
E3	19:45 / 20:15		3B					
E2	19:45 / 20:15		BODYPUMP					
E3	19:45 / 20:15	ZUMBA						
E2	20:00 / 20:30	BODYSTEP				YOGA MOVES		
E3	20:00 / 20:30			GAP				
E1	20:00 / 20:30				CYCLING			
E3	20:15 / 20:45				3B			
E1	20:30 / 21:00	CYCLING						
E2	20:30 / 21:00		PILATES MOVES	BODYBALANCE	BODYBALANCE			
E3	20:45 / 21:15		CORE					
E2	21:00 / 21:30	BODYBALANCE						
E1	21:15 / 21:45			V-CLASS	V-CLASS	V-CLASS		
E2	21:30 / 22:00		3B					



## LES MILLS

### NO TEU CLUBE OU APP TU ESCOLHES

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- 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

INDOOR	FITNESS HUT	V-CLASS
OUTDOOR	LES MILLS	OUTRAS

#FHBENFICA

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