

MAPA DE AULAS

#FHCASCAIS



FITNESS HUT

JUNHO

EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
BOX	07:15 / 07:45					HYROXWOD		
E2	07:15 / 08:00	BODYPUMP		BODYPUMP				
E3	07:15 / 08:00		RPM		RPM			
E3	08:00 / 08:30	V-CLASS BIKE		V-CLASS BIKE		V-CLASS BIKE		
E3	08:15 / 08:45		V-CLASS BIKE		V-CLASS BIKE			
E2	08:15 / 08:45					V-CLASS YOGA		
E2	09:00 / 09:45	BODYCOMBAT	BODYPUMP	BODYSTEP	BODYPUMP	RPM		
E3	09:15 / 09:45	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE			
BOX	10:00 / 10:30		HYROXWOD		HYROXWOD			
E1	10:00 / 10:45		BODYBALANCE			BODYBALANCE		
E2	10:00 / 10:30	3B		3B			V-CLASS GAP	V-CLASS CORE
E3	10:15 / 10:45	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE			V-CLASS BIKE
E1	10:30 / 11:15	PILATES MOVES			YOGA MOVES			
E3	10:30 / 11:15					RPM		
E2	10:45 / 11:15							V-CLASS HIT
E2	10:45 / 11:30					BODYPUMP		
E2	11:00 / 11:30		V-CLASS HIIT		V-CLASS FIT M.			
E2	11:15 / 12:00	ZUMBA		ZUMBA				
E3	11:15 / 11:45	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE		V-CLASS BIKE
E1	11:30 / 12:15						BODYATTACK	
E2	11:30 / 12:00							V-CLASS GAP
E2	11:45 / 12:30						BODYBALANCE	
E2	12:00 / 12:30	V-CLASS FIT M.		V-CLASS CORE	V-CLASS GAP	V-CLASS HIT	V-CLASS BIKE	
E3	12:15 / 12:45	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE		
E2	13:00 / 13:45	BODYPUMP		BODYPUMP		3B		
E3	13:15 / 14:00		RPM		RPM			
E3	15:30 / 16:00						V-CLASS BIKE	
E2	16:00 / 16:30	V-CLASS CORE	V-CLASS FIT M.	V-CLASS CORE	V-CLASS CIRCUITO	V-CLASS HIT		
E3	16:30 / 17:00	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE		
E2	17:00 / 17:30	V-CLASS FIT M.	V-CLASS GAP	V-CLASS HIIT	V-CLASS CORE	V-CLASS GAP		
E3	17:30 / 18:00	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE	V-CLASS BIKE		
E1	18:00 / 18:45		YOGA MOVES					
E2	18:00 / 18:30	BODYSTEP						
E1	18:15 / 18:45	3B						
E2	18:15 / 18:45			BODYSTEP		BODYCOMBAT		
E2	18:15 / 19:00		BODYPUMP					
E2	18:30 / 19:00			3B				
E2	18:30 / 19:15				BODYPUMP			
E3	18:30 / 19:15	RPM						
E3	18:45 / 19:30				CYCLING			
E1	19:00 / 19:45	ZUMBA	BODYATTACK		ZUMBA			
E2	19:00 / 19:45			BODYCOMBAT				
E3	19:00 / 19:45					RPM		
BOX	19:15 / 19:45			HYROXWOD				
GYM	19:15 / 19:45				POWERWOD			
E1	19:15 / 20:00			BODYBALANCE				
E2	19:15 / 19:45					BODYPUMP		
E2	19:15 / 20:00		PILATES MOVES					
E3	19:15 / 19:45		RPM					
E2	19:30 / 20:15	BODYPUMP			BODYATTACK			
E3	19:30 / 20:15			RPM				
BOX	20:00 / 20:30				HYROXWOD			
E1	20:00 / 20:45	BODYCOMBAT	DANCE MOVES			BODYBALANCE		
E2	20:00 / 20:45			BODYPUMP				

APROVEITA O VERÃO, DESFRUTA DA ADESÃO IBERIA.



Trocas
+100 CLUBES



PLANOS DE TREINO
APP Personalized



RESERVA DE AULAS
com antecedência



ACESSO ILIMITADO



AULAS LESMILLS
APP Personalized



NUTRIÇÃO
personalizada e monitorada



TREINA COM UN AMIGO
APP Challenge



PARKING GRATIS
Ingresso limitado



- 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

#FHCASCAIS

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