

MAPA DE AULAS

#FHOEIRAS

01-30 DE JUNHO



EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E1	07,00 / 07,45	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
E2/E1	07,00 / 07,45			BODYBALANCE		RPM		
E1	07,15 / 07,45	CYCLING VIRTUAL			CYCLING VIRTUAL			
TOS/E2	07,15 / 08,00	BODYATTACK	FIT MOVES					
E2	07,30 / 08,15				BODYPUMP			
E2	07,50 / 08,20							
E1/BOX	08,00 / 08,30		HYROXWOD	CYCLING VIRTUAL		CYCLING VIRTUAL		
E1/BOX	08,30 / 09,00	CIRCUITO VIRTUAL				CYCLING VIRTUAL		
E1	09,00 / 09,45				CYCLING VIRTUAL		HUT RUNNERS	
E1/E2	09,00 / 09,30	CYCLING VIRTUAL	GAP VIRTUAL	GAP VIRTUAL		YOGA VIRTUAL		
E1	09,15 / 09,45						CYCLING VIRTUAL	
E1	09,30 / 10,00		CYCLING VIRTUAL					
E2	10,00 / 10,45	PILATES MOVES					3B	
E1	10,00 / 10,30				CYCLING VIRTUAL			CYCLING VIRTUAL
E2	10,00 / 10,45							PILATES MOVES
E1	10,15 / 10,45			CYCLING VIRTUAL			CYCLING VIRTUAL	
E1	10,30 / 11,00					CYCLING VIRTUAL		
E2	10,30 / 11,15			BODYPUMP				
BOX/E1	11,00 / 11,30	HYROXWOD	CYCLING VIRTUAL		CYCLING VIRTUAL		HYROXWOD	FITMOVES VIRTUAL
E2	11,00 / 11,45				BODYBALANCE			
BOX/E2	11,15 / 11,45		HYROXWOD			LES MILLS CORE		
E2	11,30 / 12,15		YOGA MOVES					
BOX/E2	12,00 / 12,30		HYROXWOD		LES MILLS CORE			CYCLING VIRTUAL
E2	12,00 / 12,45	BODYBALANCE				PILATES MOVES		
E2	12,15 / 13,00			PILATES MOVES				
BOX	12,30 / 13,00	HYROXWOD						
E1	12,30 / 13,15			CYCLING		CYCLING		
TOS/E2	12,45 / 13,15		POWERWOD	HYROXWOD	BODYPUMP			
OUT	12,45 / 13,30				HUT RUNNERS			
E2/TOS	13,00 / 13,30	3B	POWERWOD			POWERWOD	CYCLING VIRTUAL	
E2/TOS	13,00 / 13,45		BODYPUMP	BODYCOMBAT				
E2	13,15 / 13,45			ZUMBA				
E1/E2	13,15 / 14,00	CYCLING	RPM			BODYPUMP		
E1	13,30 / 14,00				RPM			
E2	14,30 / 15,00		CIRCUITO VIRTUAL					
E2	14,45 / 15,15							
E1	15,00 / 15,30	CIRCUITO VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
E1	15,00 / 15,30						GAP VIRTUAL	
E1/E2	15,30 / 16,00	CYCLING VIRTUAL	PILATES VIRTUAL	CYCLING VIRTUAL	GAP VIRTUAL	CYCLING VIRTUAL		
E2/E1	16,00 / 16,30	FITMOVES VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CORE VIRTUAL	
E1/E2	16,30 / 17,00	CYCLING VIRTUAL	GAP VIRTUAL		GAP VIRTUAL	CYCLING VIRTUAL		
E1/E2	16,30 / 17,00			CYCLING VIRTUAL			YOGA VIRTUAL	
E1	17,00 / 17,30		CYCLING VIRTUAL		CYCLING VIRTUAL			
E2	17,30 / 18,15			PILATES MOVES				
E2	17,45 / 18,15							
TOS/E2	18,00 / 18,45	ZUMBA			3B			
E1/TOS	18,00 / 18,30		RPM			HYROXWOD		
E1	18,15 / 19,00	RPM		CYCLING		RPM		
BOX	18,15 / 18,45							
E2	18,30 / 19,15	PILATES MOVES						
E2	18,30 / 19,00			3B				
E1/E2	18,45 / 19,30				RPM	BODYBALANCE		
E2/E1	18,45 / 19,15		LES MILLS CORE	HYROXWOD				
TOS	19,00 / 19,30				POWERWOD			
E1/TOS	19,00 / 19,45		CYCLING	ZUMBA	BODYPUMP		HIIT ZONE VIRTUAL	
TOS	19,00 / 19,45		BODYATTACK				HIIT ZONE VIRTUAL	
BOX	19,15 / 19,45				HYROXWOD			
OUT	19,15 / 20,00	HUT RUNNERS						
E2	19,30 / 20,00	BODYPUMP						
E2	19,30 / 20,15			YOGA MOVES				
E1	20,00 / 20,30	CYCLING VIRTUAL						
E2/TOS	20,00 / 20,45	BODYCOMBAT	BODYPUMP		BODYCOMBAT			
E2/E1	20,15 / 20,45	3B	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	20,45 / 21,15			CYCLING VIRTUAL	CYCLING VIRTUAL			
E1	21,15 / 21,45					CYCLING VIRTUAL		

LES MILLS
NO TEU CLUBE OU APP
TU ESCOLHES

USUFRUI DESTE SERVIÇO 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 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

#FHOEIRAS

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