

MAPA DE AULAS

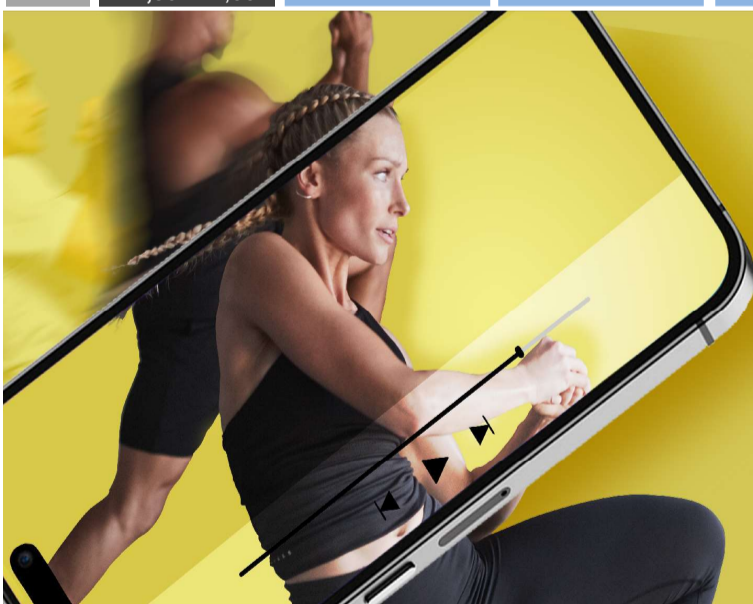
#FH Quinta Grande



FITNESS HUT




JUNHO

EST	INÍCIO / FIM	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
E1	07,15 / 08,00	CYCLING		CYCLING				
E2	07,15 / 08,00		BODYPUMP		3B			
E1	07,30 / 08,00		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	08,30 / 09,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	09,15 / 10,00							
E1	09,30 / 10,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
E1	10,00 / 10,30						RPM	
E2	10,15 / 10,45							
E1	10,30 / 11,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
E2	10,45 / 11,30						BODYPUMP	
E2	11,00 / 11,45							BODYBALANCE
E1	11,30 / 12,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
E2	12,30 / 13,00			POWERWOD	BODYPUMP			
E1	12,30 / 13,00	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
BOX	12,45 / 13,15	HYROXWOD						
E1	13,00 / 13,30					CYCLING		
E1	13,30 / 14,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
E1	14,30 / 15,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	15,30 / 16,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	16,30 / 17,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E1	17,30 / 18,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
E2	17,45 / 18,15					3B		
E2	18,00 / 18,30		POWERWOD					
BOX	18,15 / 18,45	HYROXWOD		HYROXWOD				
E1	18,15 / 19,00				CYCLING			
E2	18,15 / 19,00	3B						
E2	18,30 / 19,00			POWERWOD		DANCE MOVES		
E1	18,30 / 19,15	CYCLING		RPM				
E1	18,45 / 19,30		CYCLING					
E2	18,45 / 19,30		3B					
E2	19,00 / 19,30				BODYPUMP			
E1	19,15 / 20,00					RPM		
E2	19,15 / 20,00	BODYBALANCE						
E1	19,30 / 20,00	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL			
E2	19,30 / 20,00			BODYPUMP				
E2	19,45 / 20,30		CORE		BODYBALANCE			
E1	20,30 / 21,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
E1	21,30 / 22,00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		



LES MILLS
NO TEU CLUBE OU APP
TU ESCOLHES

USUFRUI DESTE SERVIÇO COM A TUA ADEÇÃO 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

#FHQUINTAGRANDE

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