



MAPA DE AULAS

FITNESS HUT MARQUÊS DE POMBAL



INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	BODYPUMP E2 45'				RPM E1 45'		
07:15		CYCLING E1 30'	POWERWOD TOS 30'	CYCLING E1 45'			
07:45					POWERWOD TOS 30'		
08:00	RPM E1 30'	GAP E2 30'	PILATES E2 45'				
09:00		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'				
09:15						PILATES E2 45'	
09:30				VIRTUAL CYCLING E1 30'			
10:00	VIRTUAL CYCLING E1 30'	YOGA E2 45'			VIRTUAL CYCLING E1 30'		BODYPUMP E2 45'
10:15						3B E2 45'	
10:15						CYCLING E1 30'	
10:30			VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'
11:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'			
11:15						BODYSTEP E2 45'	
11:30			VIRTUAL CYCLING E1 30'				ABS TOS 15'
12:00						VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
12:30	GAP E2 30'	POWERWOD TOS 30'	GAP E2 30'	GAP E2 30'	BODYBALANCE E2 30'		
12:30		DANÇAS E2 30'	ABS TOS 15'	ABS TOS 15'	RPM E1 45'		
12:45		CYCLING E1 45'	RPM E1 45'	POWERWOD TOS 30'			
13:00	RPM E1 45'						
13:15	BODYBALANCE E2 45'	HYROXWOD 80X 30'	BODYPUMP E2 45'	CYCLING E1 45'	BODYPUMP E2 45'		
13:15		GAP E2 45'		PILATES E2 45'			
13:30		ABS TOS 15'	ABS TOS 15'				
13:45				ABS TOS 15'			
15:00		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
15:30				VIRTUAL CYCLING E1 30'			
16:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	
16:30			VIRTUAL CYCLING E1 30'				
17:00		ABS TOS 15'	ABS TOS 15'	VIRTUAL CYCLING E1 30'			
17:00				ABS TOS 15'			
17:15	BODYPUMP E2 45'						
17:30			ABS TOS 15'			VIRTUAL CYCLING E1 30'	
17:45				BODYPUMP E2 45'			
17:45		DANÇAS E2 45'	BODYPUMP E2 45'				
18:00	ABS TOS 15'	ABS TOS 15'		ABS TOS 15'			
18:00							
18:15			POWERWOD TOS 30'		PILATES E2 45'		
18:15	RPM E1 45'						
18:30		ABS TOS 15'		RPM E1 45'			
18:45		BODYBALANCE E2 45'	3B E2 45'	HYROXWOD 80X 30'			
19:00	ABS TOS 15'	POWERWOD TOS 30'	HYROXWOD 80X 30'	ABS TOS 15'			
19:00			ABS TOS 15'				
19:15	BODYPUMP E2 45'				BODYPUMP E2 45'		
19:15	CYCLING E1 45'						
19:30		CYCLING E1 45'	RPM E1 45'	RPM E1 45'			
19:30				BODYPUMP E2 45'			
19:30				POWERWOD TOS 30'			
19:45		BODYPUMP E2 45'	BODYSTEP E2 45'				
20:00	ABS TOS 15'				VIRTUAL CYCLING E1 30'		
20:15	PILATES E2 45'						
21:00	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		



Vem treinar
**COM QUEM
QUISERES**

APENAS COM
ADESÃO IBERIA



FAZ UPGRADE
NA TUA APP



Treina em
+100 CLUBES



**RESERVA
DE AULAS**
com antecedência



**NUTRIÇÃO
PERSONALIZADA**
e receitas

AULAS LES MILLS APP · ACESSO ILIMITADO
PLANOS DE TREINO APP

*Consulta as condições na tua Área de Cliente.



TODA A INFORMAÇÃO AQUI

- > A FITNESS HUT 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.

CARDIO	CORPO-MENTE
CICLO	DANÇAS
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.FITNESSHUT.PT OU APP