

# MAPA DE AULAS

## FITNESS HUT MATOSINHOS



FECHA INICIO: 1/01

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
07:15	HBX BOXING		FIT MOVES	BODYPUMP	FIT MOVES		
08:00	HYROXWOD	ABS	ABS	ABS	ABS		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00			PILATES			PILATES	
10:15	3B				3B		
10:30		HBX BOXING				VIRTUAL CYCLING	VIRTUAL CYCLING
10:45		PILATES	VIRTUAL CYCLING	PILATES			
11:00						BODYPUMP	
11:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING
12:00	FIT MOVES		HYROXWOD			RPM	
12:15	ABS	ABS	ABS	ABS	ABS		
12:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:45	HYROXWOD	3B	BODYPUMP	FIT MOVES	BODYATTACK		
13:15		CYCLING		CYCLING			
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	BODYATTACK	
17:00	ABS	ABS	ABS	ABS	ABS		
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45	PILATES	HBX BOXING					
18:00	HYROXWOD		VIRTUAL CYCLING	HBX BOXING			
18:15			POWERWOD	POWERWOD	PILATES		
18:30	POWERWOD	RPM	VIRTUAL CYCLING	BODYPUMP	POWERWOD	VIRTUAL CYCLING	
18:45	CYCLING	BODYATTACK			VIRTUAL CYCLING		
19:00	ABS	ABS	ABS	ABS	ABS		
19:15	FIT MOVES		HBX BOXING		ZUMBA		
19:30				BODYATTACK			
19:45	BODYATTACK	BODYPUMP					
20:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30							

## Refresca-te com FITDRINK

A tua água vitaminada

SEM AÇÚCARES

3 SABORES DIFERENTES

SEM CALORIAS

DESDE

# 3'90€

Antes 4'90€

VIVAGYM

\*Promoção válida apenas em alguns dos nossos clubes. Consulta as condições da promoção e os clubes aderentes em nosso blog.

- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATORIO.
- > NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO	CORPO E MENTE	FORÇA	FUNCIONAL
CYCLING	DANÇAS	ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM [WWW.VIVAGYM.PT](http://WWW.VIVAGYM.PT) OU APP