



# MAPA DE AULAS

## FITNESSHUT BENFICA



DATA INICIO: 01/01

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15							
08:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	RPM E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'		
08:30							
09:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
09:30				YOGA E2 45'			
09:45							
10:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		LES MILLS CORE E2 30'
10:15	VIRTUAL CYCLING E1 30'	GAP E2 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'			VIRTUAL CYCLING E1 30'
10:30	PILATES E2 45'	VIRTUAL CYCLING E1 30'				LES MILLS CORE E2 45'	
10:45							BODYATTACK E2 30'
11:15			VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	RPM E1 30'	VIRTUAL CYCLING E1 30'
11:30						BODYATTACK E2 45'	
12:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
12:15		VIRTUAL CYCLING E1 30'		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
12:30						YOGA E2 45'	
12:45							
13:00	CYCLING E1 30'		BODYPUMP E2 30'	CYCLING E1 30'	RPM E1 30'		
13:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
13:15							VIRTUAL CYCLING E1 30'
14:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
15:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
16:15	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'
16:45							
17:00	3B E2 45'						
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
17:15		VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'	VIRTUAL CYCLING E1 30'			
17:30			BODYPUMP E2 45'	BODYPUMP E2 30'	PILATES E2 30'		
17:45		3B E2 45'					
18:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
18:00	BODYPUMP E2 45'		CYCLING E1 30'	ZUMBA E2 45'			
18:15		CYCLING E1 45'		BODYSTEP E2 45'			
18:15		POWERWOD TOS 30'					
18:30			PILATES E2 45'	POWERWOD TOS 30'	CYCLING E1 45'		
18:30					BODYPUMP E2 45'		
18:45		BODYBALANCE E2 45'					
19:00	CYCLING E1 30'		LES MILLS CORE BOX 45'				
19:00	3B E2 45'	BODYATTACK TOS 45'		CYCLING E1 45'			
19:00	BODYATTACK TOS 45'						
19:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
19:15		CYCLING E1 45'		BODYATTACK TOS 45'			
19:15				BODYPUMP E2 45'			
19:30			CYCLING E1 45'		CYCLING E1 45'		
19:30			BODYSTEP E2 45'				
19:45	CYCLING E1 45'	BODYPUMP E2 30'					
20:00	LES MILLS CORE E2 45'		BODYATTACK TOS 45'	CYCLING E1 30'			
20:00	ZUMBA TOS 45'	3B TOS 45'			YOGA E2 45'		
20:15				BODYBALANCE E2 45'			
20:15				3B TOS 45'			
20:30		PILATES E2 45'	BODYBALANCE E2 45'				
20:45	RPM E1 45'						
21:00	BODYBALANCE E2 45'	LES MILLS CORE TOS 45'					

Adesão Iberia 1,90€/MÊS

Adesão Zone 2,90€/MÊS

Adesão Club 3,90€/MÊS

**ÁGUA VITAMINADA**

**HUT20**

SEM AÇÚCARES

3 SABORES DIFERENTES

SEM CALORIAS

\*Inclui 1l de água vitaminada por dia, com a possibilidade de encher até um máximo de 0,5l por recarga, com um intervalo de 30 minutos. Garrafa não incluída. Oferta válida até 30.03.24. Uso pessoal e intransmissível.



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 E MENTE
CYCLING	DANÇAS
FORÇA	FUNCIONAL
ABS	CYCLING VIRTUAL

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