



MAPA DE AULAS FITNESS HUT CACÉM



| INICIO | SEG | TER | QUA | QUI | SEX | SÁB | DOM |
|--------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 07:15 | BODYPUMP E2 30' | RPM E1 30' | BODYPUMP E2 30' | CYCLING E1 30' | 3B E2 30' | | |
| 07:15 | VIRTUAL CYCLING E1 45' | HYROXWOD BOX 30' | VIRTUAL CYCLING E1 45' | | VIRTUAL CYCLING E1 45' | | |
| 09:00 | BODYBALANCE E2 45' | BODYPUMP E2 45' | HYROXWOD BOX 30' | GAP E2 45' | | | |
| 09:00 | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 10:00 | BODYATTACK E2 45' | ZUMBA E2 45' | PILATES E2 45' | BODYBALANCE E2 45' | BODYPUMP E2 45' | CYCLING E1 45' | CYCLING E1 45' |
| 10:00 | | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 10:00 | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 11:00 | ABS TOS 15' | | | | | BODYPUMP E2 45' | 3B E2 30' |
| 11:00 | | | | | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' |
| 12:00 | VIRTUAL CYCLING E1 45' | | | | | PILATES E2 45' | |
| 12:00 | | | | | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' |
| 12:30 | | VIRTUAL CYCLING E1 45' | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 12:30 | POWERWOD TOS 30' | HYROXWOD BOX 30' | RPM E1 30' | | HYROXWOD BOX 30' | | |
| 13:00 | | | | | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' |
| 13:15 | CYCLING E1 30' | BODYATTACK E2 30' | BODYPUMP E2 30' | GAP E2 30' | BODYPUMP E2 30' | | |
| 13:30 | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 14:00 | | | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | VIRTUAL CYCLING E1 45' | |
| 17:30 | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | | |
| 18:00 | 3B E2 45' | PILATES E2 45' | BODYPUMP E2 45' | ZUMBA E2 45' | CYCLING E1 45' | | |
| 18:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | | |
| 18:15 | | | | HYROXWOD BOX 30' | | | |
| 18:30 | HYROXWOD BOX 30' | | | | | | |
| 18:30 | VIRTUAL CYCLING E1 45' | CYCLING E1 45' | CYCLING E1 45' | CYCLING E1 45' | | | |
| 19:00 | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | ABS TOS 15' | | |
| 19:00 | BODYPUMP E2 45' | BODYPUMP E2 45' | ZUMBA E2 45' | BODYBALANCE E2 45' | BODYATTACK E2 45' | | |
| 19:30 | CYCLING E1 45' | CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | | | |
| 20:00 | PILATES E2 45' | ZUMBA E2 45' | BODYATTACK E2 45' | BODYPUMP E2 45' | PILATES E2 45' | | |
| 20:00 | | | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 20:30 | | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | | | |
| 21:00 | | | 3B E2 30' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | |
| 21:30 | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | VIRTUAL CYCLING E1 45' | | | | |
| 21:45 | | | | | | | |
| 22:00 | | | | | | | |

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.

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|---------|-----------------|
| CARDIO | CORPO E MENTE |
| CYCLING | DANÇAS |
| FORÇA | FUNCIONAL |
| ABS | CYCLING VIRTUAL |

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