



MAPA DE AULAS

FITNESSHUT CAMPO PEQUENO JULHO 2024



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00				FIT MOVES			
07:15	BODYPUMP	BODYCOMBAT	RPM				
07:50							
08:30							
09:00							
10:00							
10:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING 3B	VIRTUAL CYCLING 3B
10:30							
11:00							
11:00							
11:15						STRETCHING	
11:30							BODYSTEP
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	ABS	ABS	ABS	ABS			
12:15					PILATES		
12:25							
12:30		STRETCHING	STRETCHING	PILATES			
12:40							
12:45	BODYCOMBAT						
13:00	RPM						
13:00		RPM					
13:10							
13:15		ZUMBA			FIT MOVES		
13:15			BODYPUMP	BODYSTEP			
13:20							
13:25							
13:30	BODYPUMP						
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00							
17:15	BODYPUMP						
17:30			BODYPUMP	GAP			
17:30							
17:45					BODYPUMP		
17:50							
18:00		BODYPUMP					
18:00	ZUMBA						
18:15	HYROXWOD		STRETCHING				
18:15				BODYSTEP			
18:30			RPM		ZUMBA		
18:45		BODYSTEP					
19:00	PILATES						
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	RPM			BODYCOMBAT			
19:15		RPM					
19:15							
19:25							
19:30		ZUMBA					
19:45			BODYPUMP				
19:50							
20:00							
20:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

DÁ O SALTO
E MARCA A DIFERENÇA



E MUITO MAIS...

Faz upgrade para a **Adesão Iberia**
na tua área de cliente (app ou web)
e disfruta de todas **vantagens**



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