

SEGUNDA				TERÇA				QUARTA				QUINTA				SEXTA				SÁBADO				DOMINGO										
08:15	Skill X	45'	SX	07:10	Hidroginástica	II	45'	PISC	07:15	Local Fit	II	45'	FIT 2	07:10	Hidroginástica	II	45'	PISC	07:10	Hidroginástica	II	45'	PISC	09:00	Yoga	I	45'	FIT 1	10:00	Local Fit	II	45'	FIT 2	
08:30	Abs Express	15'	GYM	07:15	Yoga	I	60'	FIT 2	08:15	Skill X		45'	SX	07:15	Boxing	II	45'	FIT 1	08:10	Indoor Cycle	III	45'	FIT 5	10:00	Step		45'	FIT 2	11:00	Indoor Cycle	III	45'	FIT 5	
09:30	Yoga	I	60'	FIT 2	07:15	Skill X		45'	SX	08:30	Abs Express	15'	GYM	07:15	Skill X		45'	SX	08:15	Skill X		45'	SX	10:50	Indoor Cycle	III	45'	FIT 5	11:00	Gladiator	II	45'	FIT 2	
10:15	Pilates	I	45'	FIT 1	08:10	Indoor Cycle	III	45'	FIT 5	09:10	Power Gap	II	30'	FIT 2	08:10	Indoor Cycle	III	45'	FIT 5	08:30	Abs Express		15'	GYM	11:00	Body Balance	I	45'	FIT 1	11:15	Stretching	I	45'	FIT 1
11:30	Abs Express	15'	GYM	08:30	Abs Express		15'	GYM	09:45	Yoga	I	60'	FIT 2	08:30	Abs Express		15'	GYM	09:20	Local Fit	III	45'	FIT 2	11:00	Power Gap	III	45'	FIT 2						
12:00	Hidroginástica	II	45'	PISC	09:20	Local Fit	III	45'	FIT 2	11:30	Abs Express	15'	GYM	09:15	Power Gap	II	45'	FIT 2	10:00	Yoga	I	60'	FIT 1	11:30	Skill X		45'	SX						
12:30	Abs Express	15'	GYM	10:00	Nutritime		30'	GYM	12:00	Hidroginástica	II	45'	PISC	10:15	Pilates	I	45'	FIT 1	11:30	Abs Express		15'	GYM	12:00	Body Pump	III	45'	FIT 2	12:00	Body Pump	III	45'	FIT 2	
12:30	Body Cycle	III	60'	FIT 2 FIT 5	11:30	Abs Express	15'	GYM	12:15	Indoor Cycle	III	45'	FIT 5	11:30	Abs Express		15'	GYM	12:00	Hidroginástica	II	45'	PISC	12:00	Boxing	II	45'	FIT 1						
12:45	Skill X	45'	SX	12:00	Skill X		45'	SX	12:30	Abs Express	15'	GYM	12:00	Skill X		45'	SX	12:30	Abs Express		15'	GYM												
13:00	Zumba Fitness	45'	FIT 1	12:00	Pilates	I	45'	FIT 2	12:45	Skill X	45'	SX	12:30	Abs Express	15'	GYM	12:30	Nutritime		30'	GYM													
				12:30	Abs Express		15'	GYM	13:00	Local Fit	III	45'	FIT 2	12:30	Body Pump	III	45'	FIT 2	12:30	Gladiator	II	45'	FIT 1											
				12:30	Boxing	II	45'	FIT 1						13:20	Cycle Express	III	30'	FIT 5	12:45	Skill X		45'	SX											
				13:00	Indoor Cycle	III	45'	FIT 5											13:00	Body Cycle	III	60'	FIT 2 FIT 5											
18:15	Body Balance	I	45'	FIT 1	18:15	Bosu	II	30'	FIT 2	18:30	Local fit	45'	FIT 2	18:15	Fat Burn	III	30'	FIT 2	18:30	Yoga	I	45'	FIT 2											
18:30	Body Pump	III	45'	FIT 2	18:30	Abs Express	15'	GYM	18:30	Abs Express	15'	GYM	18:30	Abs Express	15'	GYM	18:30	Abs Express	15'	GYM														
18:30	Abs Express	15'	GYM	18:45	Skill X		45'	SX	19:00	Indoor Cycle	III	45'	FIT 5	18:45	Skill X		45'	SX	19:00	Skill X		45'	SX											
19:00	Skill X	45'	SX	19:00	Indoor Cycle	III	45'	FIT 5	19:00	Skill X		45'	SX	19:00	Indoor Cycle	III	45'	FIT 5	19:30	Zumba Fitness		60'	FIT 2											
19:05	Fit Ball	II	45'	FIT 1	19:00	Yoga	I	60'	FIT 2	19:20	Body Pump	III	45'	FIT 2	19:00	Yoga	I	60'	FIT 2	19:30	Body Balance	II	45'	FIT 1										
19:30	Indoor Cycle	III	45'	FIT 5	19:20	Hidroginástica	II	45'	PISC	19:30	Abs Express	15'	GYM	19:20	Hidroginástica	II	45'	PISC	19:30	Abs Express		15'	GYM											
19:30	Abs Express	15'	GYM	19:30	Abs Express	15'	GYM	19:30	Pilates	II	45'	FIT 1	19:30	Abs Express	15'	GYM																		
				20:10	Power Gap		45'	FIT 2						20:10	Gladiator	II	45'	FIT 2																

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

Treino

Localizado

Treino Funcional

Express

Kids

Treino Cardio-Respiratório

Corpo e Mente

Dança

Água

Treino Intervalo de Alta Intensidade

Artes Marciais

Nutrição

Marca as tuas aulas pela APP Lemonfit!

Available on the App Store

Get it on Google play

 Níveis de Intensidade

I - Intensidade Baixa

II - Intensidade Moderada

III - Intensidade Alta

 Localização / Estúdio

FIT 1

Estúdio Fit 1

FIT 2

Estúdio Fit 2

FIT 3

Estúdio Fit 3

FIT 4

Estúdio Fit 4

FIT 5

Estúdio Fit 5

TERR

Terraço

PISC

Piscina

SP

Studio Pilates

SX

Skill X

OUT

Outdoor

AU

Auditório

