lemonfit CHANGING LIVES

MAPA AULAS | Junho

Estefânia

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SEGUNDA

07:30	Squeezed Xpress		15'	SQ
10:00	SQUEEZED		30'	SQ
10:45	Core Fit	II	30'	LS
11:30	Abs Xpress		15'	CZ
12:30	Abs Xpress		15'	CZ
13:10	Indoor Cycle	II	30'	CS
13:00	Body Pump	III	30'	LS
13:35	Pilates	I	30'	LS
17:30	Abs Xpress		15'	CZ
18:15	Local Fit	II	30'	LS
18:45	SQUEEZED		30'	SQ
18:50	Yoga	I	50'	LS
19:00	Indoor Cycle	I	30'	CS
19:45	BumBum Brasil		30'	LS
20:20	Pilates	II	30'	ZS

TERÇA

07:10	Indoor Cycle	I	30'	CS
08:00	SQUEZED	II	30'	SQ
10:30	Squeezed Xpress		15'	SQ
12:35	Fat Burn	II	30'	LS
13:10	Pilates	I	30'	LS
13:30	Abs Xpress		15'	CZ
17:30	Squeezed Xpress		15'	SQ
18:15	Yoga	I	50'	ZS
18:15	CYCLING	I	30'	CS
18:45	Local Fit	I	30'	LS
19:20	Pilates	II	30'	LS
19:30	Indoor Cycle	II	45'	CS
20:20	SQUEEZED		45'	SQ

QUARTA

07:30	Squeezed Xpress		15'	SQ
08:00	Yoga	I	50'	ZS
08:15	Core Fit	II	30'	LS
11:30	Abs Xpress		15'	CZ
12:30	Squeezed Xpress		15'	SQ
13:00	Indoor Cycle	II	30'	CS
13:35	Pilates	I	30'	LS
17:30	Abs Xpress		15'	CZ
18:25	Pilates	I	30'	ZS
18:25	SQUEEZED		30'	SQ
19:00	Local Fit	I	30'	LS
19:30	Indoor Cycle	II	45'	CS
19:35	Jump	I	45'	LS
20:20	Bum Bum Brasil		30'	LS

QUINTA

07:20	Indoor Cycle	I	30'	CS
08:00	Core Fit	II	30'	LS
10:30	Squeezed Xpress		15'	SQ
12:30	SQUEEZED		30'	SQ
13:10	CYCLING	II	30'	CS
13:15	Yoga	II	45'	LS
13:30	Abs Xpress		15'	CZ
17:30	Squeezed Xpress		15'	SQ
18:15	Yoga	I	50'	ZS
18:30	Jump	I	45'	LS
19:20	Body Pump	I	45'	LS
19:30	Indoor Cycle	II	45'	CS
20:10	Pilates	I	45'	LS
20:20	SQUEEZED		45'	SQ

SEXTA

07:10	CrossTraining		45'	LS
08:00	SQUEEZED		30'	SQ
08:00	Yoga	I	50'	ZS
11:30	Abs Xpress		15'	CZ
12:30	Squeezed Xpress		15'	SQ
12:45	Core Fit	II	30'	LS
13:20	Pilates	I	30'	LS
17:30	Abs Xpress		15'	CZ
18:40	Pilates	I	45'	ZS
18:25	SQUEEZED		30'	SQ
19:00	Indoor Cycle	II	30'	CS
19:30	Body Pump	I	45'	LS

SÁBADO

10:35	Local Fit	I	30'	LS
11:15	Pilates	I	45'	LS
11:20	Indoor Cycle	II	45'	CS
11:30	Abs Xpress		15'	CZ
12:10	SQUEEZED		30'	SQ
12:10	Yoga	I	50'	LS

DOMINGO

AULAS EXTRAS

19:20	Kickboxe		60'	ZS
20:20	Jiu-Jitsu		60'	LS
07:00	Jiu-Jitsu		60'	LS
07:10	Kickboxe		60'	LS
19:00	Kickboxe		60'	ZS
21:00	Jiu-Jitsu		60'	ZS
07:00	Jiu-Jitsu		60'	LS
13:10	Kickboxe		60'	ZS
18:30	Jiu-Jitsu		60'	LS

Leganda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Funcional
- Express
- Treino Cardio-Respiratório
- Corpo e Mente
- Dança
- Treino Intervaldo de Alta Intensidade
- Artes Marciais
- Nutrição

Marca as tuas aulas pela APP Lemonfit!

App Store | Google play

Níveis de Intensidade

- I - Intensidade Baixa
- II - Intensidade Moderada
- III - Intensidade Alta

Localização / Estúdio

LS	Lemon Studio	CZ	Cross Zone	ZS Zen Studio
SQ	Squeeze Zone	CS	Cycle Studio	
SP	Studio Pilates	RC	Receção	

LesMills Body Combat Body Pump Body Balance