lemonfit
CHANGING LIVES

MAPA AULAS | NOVEMBRO

Parque das Nações

Av. da Peregrinação, 2 Parque das Nações 1990-382, Lisboa | T. 218 962 003 | www.lemonfit.pt

SEGUNDA

07:15	Body Cycle	III	45'	FIT 2 | FIT 5
08:15	Skill X		45'	SX
08:30	Abs Express		15'	GYM
09:30	Yoga	I	60'	FIT 2
10:15	Pilates	I	45'	FIT 1
11:30	Abs Express		15'	GYM
12:00	Hidroginástica	II	45'	PISC
12:30	Abs Express		15'	GYM
12:30	Body Cycle	III	60'	FIT 2 | FIT 5
12:45	Skill X		45'	SX
13:00	Zumba Fitness		45'	FIT 1
18:15	Yoga	I	45'	FIT 1
18:30	Body Pump	III	45'	FIT 2
18:30	Abs Express		15'	GYM
19:00	Skill X		45'	SX
19:05	Fit Ball	II	45'	FIT 1
19:30	Indoor Cycle	III	45'	FIT 5
19:30	Abs Express		15'	GYM

TERÇA

07:10	Hidroginástica	II	45'	PISC
07:15	Yoga	I	60'	FIT 2
07:15	Skill X		45'	SX
08:10	Indoor Cycle	III	45'	FIT 5
08:30	Abs Express		15'	GYM
09:20	Local Fit	III	45'	FIT 2
10:00	Nutritime		30'	GYM
11:30	Abs Express		15'	GYM
12:00	Skill X		45'	SX
12:00	Pilates	I	45'	FIT 2
12:30	Abs Express		15'	GYM
12:30	Boxing	II	45'	FIT 1
13:00	Indoor Cycle	III	45'	FIT 5
18:15	Bosu	II	30'	FIT 2
18:30	Abs Express		15'	GYM
18:45	Skill X		45'	SX
19:00	Indoor Cycle	III	45'	FIT 5
19:00	Body Balance	I	45'	FIT 2
19:20	Hidroginástica	II	45'	PISC
19:30	Abs Express		15'	GYM
20:10	Power Gap		45'	FIT 2

QUARTA

07:15	Local Fit	II	45'	FIT 2
08:15	Skill X		45'	SX
08:30	Abs Express		15'	GYM
09:10	Power Gap	II	30'	FIT 2
09:45	Yoga	I	60'	FIT 1
11:30	Abs Express		15'	GYM
12:00	Hidroginástica	II	45'	PISC
12:15	Indoor Cycle	III	45'	FIT 5
12:30	Abs Express		15'	GYM
12:45	Skill X		45'	SX
13:00	Local Fit	III	45'	FIT 2
18:30	Local fit		45´	FIT 2
18:30	Abs Express		15'	GYM
19:00	Indoor Cycle	III	45'	FIT 5
19:00	Skill X		45'	SX
19:20	Body Pump	III	45'	FIT 2
19:30	Abs Express		15'	GYM
19:30	Pilates	II	45'	FIT 1

QUINTA

07:10	Hidroginástica	II	45'	PISC
07:15	Skill X		45'	SX
08:10	Indoor Cycle	III	45'	FIT 5
08:30	Abs Express		15'	GYM
09:15	Power Gap	II	45'	FIT 2
10:15	Pilates	I	45'	FIT 1
11:30	Abs Express		15'	GYM
12:00	Skill X		45'	SX
12:30	Abs Express		15'	GYM
12:30	Body Pump	III	45'	FIT 2
13:20	Cycle Express	III	45'	FIT 5
18:15	Fat Burn	III	30'	FIT 2
18:30	Abs Express		15'	GYM
18:45	Skill X		45'	SX
19:00	Body Pump	III	45'	FIT 2
19:20	Hidroginástica	II	45'	PISC
19:30	Abs Express		15'	GYM
20:00	Indoor Cycle	III	45'	FIT 5

SEXTA

07:10	Hidroginástica	II	45'	PISC
08:10	Indoor Cycle	III	45'	FIT 5
08:15	Skill X		45'	SX
08:30	Abs Express		15'	GYM
09:20	Local Fit	III	45'	FIT 2
10:15	Yoga	I	60'	FIT 1
11:30	Abs Express		15'	GYM
12:00	Hidroginástica	II	45'	PISC
12:30	Abs Express		15'	GYM
12:30	Nutritime		30'	GYM
12:30	Gladiator	II	45'	FIT 1
12:45	Skill X		45'	SX
13:00	Body Cycle	III	60'	FIT 2 | FIT 5
18:30	Yoga	I	45'	FIT 2
18:30	Abs Express		15'	GYM
19:00	Skill X		45'	SX
19:30	Body Balance	II	45'	FIT 1
19:30	Abs Express		15'	GYM
19:30	Zumba Fitness		45'	FIT 2

SÁBADO

09:00	Yoga	I	45'	FIT 1
10:00	Step		45'	FIT 2
10:50	Indoor Cycle	III	45'	FIT 5
11:00	Body Balance	I	45'	FIT 1
11:00	Power Gap	III	45'	FIT 2
11:30	Skill X		45'	SX
12:00	Body Pump	III	45'	FIT 2
12:00	Boxing	II	45'	FIT 1

DOMINGO

10:00	Local Fit	II	45'	FIT 2
11:00	Gladiator	II	45'	FIT 2
11:00	Indoor Cycle	III	45'	FIT 5
11:15	Stretching	I	45'	FIT 1

Leganda (Mapa Aulas sujeito a alterações sem aviso prévio)

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

Marca as tuas aulas pela APP Lemonfit!

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Níveis de Intensidade

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

Localização / Estúdio

FIT 1	Estúdio Fit 1	FIT 4	Estúdio Fit 4	PISC	Pisicina
FIT 2	Estúdio Fit 2	FIT 5	Estúdio Fit 5	SP	Studio Pilates
FIT 3	Estúdio Fit 3	TERR	Terraço	SX	Skill X

OUT	Outdoor
AU	Auditório