

SEGUNDA			TERÇA			QUARTA			QUINTA			SEXTA			SÁBADO			DOMINGO		
  			  			  			  			  			  			  		
07:00 Indoor Cycle	III	45' CS	07:00 Cross Training	III	45' CZ	07:00 Indoor Cycle	III	45' CS	07:00 Cross Training	III	45' CZ	07:00 Indoor Cycle	III	45' CS						
08:00 Abs Express		15' CZ	08:00 Abs Express		15' CZ	07:00 Yoga	II	45' ST 2	08:00 Abs Express		15' CZ	08:00 Abs Express		15' CZ	09:00 Yoga	II	45' ST 2			
						07:50 Core Fit	II	30' ST 1							10:00 Zumba	I	60' ST 1	10:30 Indoor Cycle	III	45' CS
09:15 Gap	II	45' ST 1	09:15 Core Fit	II	30' ST 1	09:15 Body Pump	II	45' ST 1	09:15 Core Fit	II	30' ST 1	09:15 Pilates	II	45' ST 1	11:30 Body Pump	II	45' ST 1			
			09:50 Stretching	I	45' ST 1				09:50 Stretching	I	45' ST 1									
13:15 Pilates	II	45' ST 1	13:15 Local Fit	II	45' ST 1	13:15 Pilates	II	45' ST 1	13:15 Local Fit	II	45' ST 1	13:15 Body Pump	II	45' ST 1						
18:25 Local Fit	II	45' ST 1	18:45 BodyCombat	III	30' ST 1	17:00 Nutritime		30' RC	19:00 BodyCombat	III	45' ST 1	18:30 Yoga	II	45' ST 1						
18:30 Yoga	II	45' ST 2	19:00 Abs Express		15' CZ	18:25 Local Fit	II	45' ST 1	19:00 Abs Express		15' CZ	19:00 Abs Express		15' CZ						
19:00 Abs Express		15' CZ	19:30 Pilates	II	45' ST 2	19:00 Abs Express		15' CZ	19:30 Pilates	II	45' ST 2	19:30 Fat Burn	III	45' ST 1						
19:20 Body Pump	II	45' ST 1	19:30 Local Fit	II	45' ST 1	19:20 Body Pump	II	45' ST 1	19:30 Indoor Cycle	III	45' CS	19:30 Indoor Cycle	III	45' CS						
20:00 Abs Express		15' CZ	19:30 Indoor Cycle	III	45' CS	19:30 Indoor Cycle	III	45' CS	20:00 Abs Express		15' CZ	20:00 Abs Express		15' CZ						
19:30 Indoor Cycle	III	45' CS	20:00 Abs Express		15' CZ	20:00 Abs Express		15' CZ	20:00 Zumba	I	60' ST 1									
20:15 Zumba	I	60' ST 1	20:20 Fat Burn	III	45' ST 1	20:15 Zumba	I	60' ST 1	20:20 Pilates	II	45' ST 2									
			20:20 Pilates	II	45' ST 2															

AULAS EXTRAS											
18:45 Karaté Kids	60'	ST 3	12:15 Jiu-Jitsu	60'	ST 2	18:30 Jiu-jitsu Kids (Jun)	45'	ST 2	12:15 Jiu-Jitsu	60'	ST 2
19:45 Karaté	60'	ST 2	17:30 Jiu-jitsu Kids 1	45'	ST 2	18:45 Karaté Kids	60'	ST 3	18:30 Jiu-jitsu Kids int.	45'	ST 2
20:00 Boxe	120'	ST 3	18:30 Jiu-jitsu Kids 2	45'	ST 2	19:45 Karaté	60'	ST 2	19:00 Boxe	120'	ST 3
21:15 Jiu-Jitsu	60'	ST 2	19:00 Boxe	120'	ST 3	20:00 Muay Thai	120'	ST 3	21:15 Jiu-Jitsu	60'	ST 2
			21:15 Jiu-Jitsu	60'	ST 2				18:30 Jiu-jitsu Kids ini.	45'	ST 2
									18:30 Karaté Mix	60'	ST 3
									19:30 Jiu-Jitsu Mix	60'	ST 2
									20:00 Muay Thai	120'	ST 3
									10:00 Muay Thai	120'	ST 3

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Intervalado de Alta Intensidade
- Treino Localizado
- Treino Funcional
- Express
- Kids
- Treino Cardio-Respiratório
- Corpo e Mente
- Dança

Marca as tuas aulas pela APP
Lemonfit!

Available on the
App Store

Get it on
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-  Níveis de Intensidade
- I - Intensidade Baixa
- II - Intensidade Moderada
- III - Intensidade Alta

-  Localização / Estúdio
- ST 1 Estúdio 1
- ST 2 Estúdio 2
- ST 3 Estúdio 3
- CZ Cross Zone
- CS Estúdio Cycle
- RC Recepção

