

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	Indoor Cycle	III 45' CS	07:00	Cross Training	III 45' CZ						
07:30	Abs Express	15' CZ	07:30	Abs Express	15' CZ	07:15	Gap	II 30' ST 1	07:30	Abs Express	15' CZ	07:30	Abs Express	15' CZ	09:00	Yoga	II 45' ST 2			
						07:30	Abs Express	15' CZ							10:00	Zumba	I 60' ST 1	10:00	Indoor Cycle	III 45' CS
						07:50	Core Fit	II 30' ST 1				09:15	Pilates	II 45' ST 2	10:30	Indoor Cycle	III 45' CS			
09:15	Gap	II 45' ST 1	09:15	Core Fit	II 30' ST 1				09:15	Core Fit	II 30' ST 1	09:15	Pilates	II 45' ST 2	11:30	Body Pump	II 45' ST 1			
			09:50	Stretching	I 45' ST 2	09:15	Step & Local	II 45' ST 1	09:50	Stretching	I 45' ST 2									
12:30	Abs Express	15' CZ	12:30	Abs Express	15' CZ	12:30	Abs Express	15' CZ	12:30	Abs Express	15' CZ	12:30	Abs Express	15' CZ						
13:15	Pilates	II 45' ST 1	13:15	Step & Local	II 45' ST 1	13:15	Pilates	II 45' ST 1	13:15	Gap	II 45' ST 1	13:15	Body Pump	II 45' ST 1						
18:25	Step & Local	II 45' ST 1	18:30	Abs Express	15' CZ	17:00	Nutritime	30' RC	18:30	Abs Express	15' CZ	18:30	Abs Express	15' CZ						
18:30	Abs Express	15' CZ	18:45	BodyCombat	III 30' ST 1	18:25	Step & Local	II 45' ST 1	18:30	Yoga	II 45' ST 2	19:15	Fat Burn	III 45' ST 1						
18:30	Yoga	II 45' ST 2	19:15	Local Fit	II 45' ST 1	18:30	Abs Express	15' CZ	18:45	BodyCombat	III 45' ST 1	19:30	Abs Express	15' CZ						
19:20	Body Pump	II 45' ST 1	19:20	Pilates	II 45' ST 2	19:20	Body Pump	II 45' ST 1	19:20	Pilates	II 45' ST 2	19:30	Indoor Cycle	III 45' CS						
19:30	Abs Express	15' CZ	19:30	Abs Express	15' CZ	19:30	Abs Express	15' CZ	19:30	Abs Express	15' CZ									
19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS									
20:15	Zumba	I 60' ST 1	20:15	Fat Burn	III 45' ST 1	20:15	Zumba	I 60' ST 1	19:45	Zumba	I 60' ST 1									

**AULAS EXTRAS**

18:45	Karaté Kids	60' ST 3	18:30	Cross Kids	45' ST 2	18:30	Dance Kids	45' ST 2	19:00	Boxe	120' ST 3	18:30	Yoga Kids	45' ST 2	10:00	Muay Thai	120' ST 3
19:45	Karaté	60' ST 2	19:00	Boxe	120' ST 3	18:45	Karaté Kids	60' ST 3	21:15	Jiu-Jitsu	60' ST 3	19:15	Karaté Mix	60' ST 3			
20:00	Boxe	120' ST 3	21:15	Jiu-Jitsu	60' ST 3	19:45	Karaté	60' ST 2				20:00	Muay Thai	120' ST 3			
						20:00	Muay Thai	120' ST 3									

**Leganda** (Mapa Aulas sujeito a alterações sem aviso prévio)

Treino Localizado	Treino Cardio-Respiratório	Treino Intervalo de Alta Intensidade	Marca as tuas aulas pela APP Lemonfit!	<b>Níveis de Intensidade</b>	<b>Localização / Estúdio</b>
Treino Funcional	Corpo e Mente	Artes Marciais		I - Intensidade Baixa	<b>ST 1</b> Lemon Studio
Express	Dança	Nutrição		II - Intensidade Moderada	<b>ST 2</b> Fit Zone
Kids				III - Intensidade Alta	<b>ST 3</b> Studio Pilates
					<b>ST 4</b> Studio Pilates
					<b>CZ</b> Cross Zone
					<b>CS</b> Cycle Studio
					<b>RC</b> Recepção

